

WBA
F664f
1845





THE FAMILY PHYSICIAN.

BEING

A DOMESTIC MEDICAL WORK,

WRITTEN IN PLAIN STYLE,

AND

DIVIDED INTO FOUR PARTS.

THE FIRST,

DEVOTED TO HYGIENE, OR THE ART OF PRESERVING HEALTH.

THE SECOND,

TO THE HISTORY AND CURE OF GENERAL DISEASES.

THE THIRD,

TO THE HISTORY AND CURE OF DISEASES INCIDENT TO CHILDREN AND FEMALES.

AND THE FOURTH,

TO THE HISTORY OF MEDICINES, &c., &c.

BY

ALFRED M. FOLGER.
OF STOKES COUNTY, N. C.

(Formerly one of the Attending Physicians in the Cherokee Hospital.)

Published by Z. D. COTTRELL,

Printed by G. H. JOYCE,

Spartanburg C. H., S. C.

1845.

WBA
F664f
1845

(Copy Right Secured.)

TO

JOHN W. LIDE, M. D., formerly Directing Physician, in the Cherokee Emigration ; for whose kindness, while I was in the service of the United States, as Attending Physician in the Indian Hospital, I shall ever feel grateful ; whom I highly esteem as an Honorable Gentleman, as a Profound Scholar, and, as a Skilful Physician, This Work is Respectfully Inscribed, by

His Sincere Friend,

THE AUTHOR.



TO THE PUBLIC.

IN Appearing as an Author, I can but be aware that I shall subject myself to much criticism. I do not flatter myself that I shall be able to lay before the Public, a Work devoid of error; and, therefore, can but expect, that those of the Medical Profession, who view this Volume with an eye of scrutiny, will find in it much to merit their just criticism. Those of the Profession who are actuated by pure principles, I doubt not will readily accord to such a work, all the merit due to it. The ingenuous and enlightened mind, will examine well the work, and decide impartially, according to the merit of the same. Such will first enquire what has been done; whether anything calculated to enhance the public good, and if convinced of the utility of the work, will not hesitate to pronounce it a Volume worthy of a place in each Family Library. I am aware of the probability of there being many of the Profession who will oppose every medical work calculated to inform the people on the subject of disease. Such selfishness, such want of philanthropy, is characteristic of low, groveling minds; and an Author should regard not the vile invective of such men.—An individual who opposes any literary production from motives of avarice, envy, or prejudice, does not deserve a passing rebuke.

In writing the present Volume, I have endeavored to be as plain and as explicit as possible. I am opposed to too much prolixity in any medical work intended for the use of private individuals; consequently, I have been as brief as the nature of the case would admit. All technicalities have been carefully avoided, making the work perfectly plain to an ordinary scholar.

Such diseases as require the immediate attendance of the Physician, I have not treated upon, further than to point out the symptoms, fearing that persons may delay calling in a Physician until it be too late.

Like all writers on the practice of medicine, I have only been able to lay down general plans of treatment; but, I assure the reader, with that candor which I hope will ever characterize my life, that general or undeviating plans will not always answer the purpose intended. The disease should be treated agreeably to the symptoms manifested, and should the complaint vary from its ordinary course, the treatment should vary also. I know there are Physicians in our County, of age and experience, who contend for an universal course of treatment, to be pursued in all patients laboring under the same disease; but I care not for the opinions of any Physician, however aged he may be, when they are so destitute of reason. Men often grow gray in ignorance and folly, and the Physician should be judged by his success in practice, and not by his age. I hope, however, that the plans I have laid down for the treatment of disease, will answer in ordinary cases; and, when great variations

occur, persons may be aware of the impropriety of pursuing the beaten path, and call for medical aid.

With these preliminary remarks, I lay the "FAMILY PHYSICIAN" before the community, with a hope that some good may result from my feeble efforts, and with an assurance, that however I may be censured, my motives are good, and if this work be good, it will continue to benefit my fellow beings, long after this hand shall have crumbled into dust.

A. M. FOLGER.

Stokes Co., N. C., Jan. 1844.

PART FIRST.

ON HYGIENE AIR.

The necessity of pure air to the health of an individual, is acknowledged by all medical men. The air of crowded apartments will soon become impure, in consequence of so many persons breathing together, that the room is completely filled with air, that has passed through the lungs, perhaps half a dozen times or more. One of the most remarkable instances of the injurious effects of confined air, is to be found in the history of persons who died in the Black Hole at Calcutta, given by Dr. Ewell, and others. There we discover, that many persons actually perished, in consequence of being crowded together. People should be cautious, therefore, of the air of theatres, ball-rooms, &c. crowded with a large company.

My own opinion is, that dwellings should be in as high a situation as convenient, and the rooms large, particularly sleeping apartments. The experience of any one, who has ever slept in a small, close room, with several others, should convince him of the impropriety of such a thing. How unrefreshing his slumbers during the night, and how feeble and relaxed his system in the morning, when he arises. It seems to have been the practice among the first settlers of this country, to build their dwellings in low places, in order to be convenient to a spring. This, I consider very improper, and suppose that the observation of any man, would convince him of the fact. If he will only notice the sickness that prevails in autumn, he will see many more cases of fever in such places than in high, airy locations. While in the service of the United States, as attending

Physician in the Cherokee Emigration, it fell to my lot to attend to twelve hundred Indians, encamped in the woods, about three months. Some of them were situated in the low ground, near a small stream; others on a considerable eminence, from fifty to one hundred yards distant. Dysentery, and some other diseases, prevailed among them, but not one third of the sickness in proportion among those on the hill, that there was among those in the valley; and while several died in the latter situation, not one death occurred in the former. This shows the advantage of free air.

Sitting rooms should be freely ventilated in warm weather; and in cold weather, persons should avoid keeping small rooms closely shut, in which a large fire is kept burning. Fire, in a room which admits air from without, is beneficial, by rarefying the air within, thereby "causing a constant current of fresh air from without." Fire, on the contrary, kept in a room so closely shut, as to prevent the admission of air from without, would soon render the air within, totally unfit for respiration: sleeping rooms should also be freely ventilated in warm weather, throughout the day, unless the weather is at the same time damp. With regard to keeping fires in sleeping apartments, during the night, in cold weather, I consider it entirely improper.

During my residence in the State of Indiana, I slept several weeks, in a room in which a large fire was left burning every night; and the consequence was, my system became feeble and relaxed, I was much more susceptible to the effect of the intense cold of the day, and eventually was attacked with a painful nervous affection, which almost destroyed my life. My opinion is, that fire should not be kept in sleeping apartments, even in the day, except in damp weather; and then it should be suffered to burn down before bedtime. Medical men seem to differ in sentiment about the admission of night air in sleeping rooms; some con-

demning it entirely, others recommending it universally. My individual opinion, is this; when the weather is warm and dry, and no epidemical disease prevailing in the country, air should be admitted into the sleeping rooms in the night, especially those that are small. A current of air should not be suffered to blow upon the person; neither should the opening be immediately over his head; but the bed should be placed as far from the window as convenient; and if the upper sash could be lowered a few inches, instead of raising the lower one, I should prefer it. I would therefore advise every one in building dwellings, to prepare the window sash, so as to let the upper one down. This would be better both day and night. I think a better plan still for admitting night air into sleeping apartments, when practicable, is this: when there is another room adjoining the one in which the person sleeps, and a door leading from one to the other, open the door and a window of the room adjoining the one in which the person sleeps.

If there be a window that is not on a direct line with the door in the partition, admit the air at such a window. The experience of any one who ever slept in a close small room in summer, has convinced him, I presume, of the impropriety of such a course. Being, when a boy, of a delicate constitution, I was very particular in keeping the windows of my sleeping room, always closed, and I am convinced that my weakness was much increased thereby.

EXERCISE.

The course pursued by almost all animals, should be sufficient to convince man, that he was not formed for inactivity. Nearly all the animals of which we have any knowledge, seem to delight in exercise.

The sloth, perhaps, is the only exception; and it is one of the most miserable, loathsome creatures upon earth. Without appropriate exercise, it is impossible to enjoy any degree of good health, long. An eminent Physician says, "I know not which is more necessary to the support of the human frame, food or motion." In early life, free exercise should by all means be allowed.

You cannot show me a solitary case, of a child in health, averse to motion. You see children universally delight in exercise. This disposition to play about the yard and premises, should always be allowed, when the weather is favorable. Those dear, affectionate mothers, who keep their children constantly* within doors because the *dear little creatures are delicate*, pursue a very proper course to render them more delicate, and to fit them for a premature grave. Extremes in this, as well as other things should be carefully avoided: but I repeat, that free exercise in mild weather, should by all means be allowed to children.

If children be allowed to run about unrestrained, they are very apt to indulge in that regular exercise, so essential to health. Persons of more mature age, should profit by their example, and exercise regularly every day. An occasional effort will not answer; but a portion of exercise should be freely indulged in every day; and not do as a farmer with whom I was once acquainted, who was not remarkably fond of manual labor. He would go into his field, and work manfully one day, which would produce *such soreness throughout his system, that he would be obliged to rest a week.*

Exercise is essential to the health of the mind, as well as the body. Josiah Walker, who resided some years since in the State of Connecticut, and who had his intellectual faculties but little impaired, at the age of 99, attributed such health of body and mind, not only to his temperate habits, but his having preferred walk-

ing to riding. It was a maxim of Plato, that "he is truly a cripple, who cultivating his mind alone, suffers his body to languish through sloth, and inactivity."—When I was a student, I thought that I must apply myself constantly to study, in consequence of the inauspicious circumstances, in which I was placed; and by doing so, and neglecting entirely to exercise myself, I almost ruined my constitution beyond reparation. I am now satisfied, that I could have devoted one-fourth of my time, to some active employment, and progressed as rapidly in my studies as I did, if not more so.—With regard to the kind of exercise proper for persons in youth and middle age, I think any common labor on a farm, so as not to produce undue fatigue, very appropriate. In the opulent classes of society, persons are apt to neglect walking, too much. True, riding on horse-back is tolerable exercise, but walking is much better.

People who are wealthy, are too fond of reclining on cushioned sofas, in close rooms; and when they do venture out, they must have a carriage, that swings so nicely, that they are carried along as smoothly as if they were sitting in a steamboat; hence we see so many sallow complexions, and find so many low nervous affections, among opulent people.

Dancing, is recommended by the majority of Medical men, as a healthful exercise. Under proper limitations, I doubt not the fact; but as it is generally indulged in, it is highly injurious. At our country dances, we generally see the rooms crowded, by as many as can possibly get in, and each individual seems to be exerting him or herself to dance longer, and with more activity than the others. Often after fatiguing themselves until the system is much debilitated, and the body covered with perspiration, they will sally forth in the night air, well

prepared for contracting pleurisies, pulmonary consumptions, and many other highly dangerous affections.

I would ask those physicians who recommend dancing for exercise, if it is not in the power of every individual to exercise sufficiently in the day, to allow him to devote the evening, to reading some useful book, or to rational conversation? I consider that those who are blessed with wealth, so as not to be necessarily obliged to labor for a support, can look around them, and see poverty and distress among their neighbors that might be in some degree relieved, if they would appropriate to that object, the profits arising from the work of a few hours each day. It is the duty of every individual to be as useful to others as possible; and if those opulent persons who loiter about taverns from day to day drinking wine, playing at whist, &c., &c., would devote that time which they thus throw away, to alleviating the distress of their fellow beings; they would be much better, much more healthful, and much happier men.

The young and robust, amongst the males, should use active exercise, such as chopping, plowing, hoeing, and pursuing the various mechanical occupations, and amongst the females, in pursuing the duties of a house-wife. Let not the refined lady of quality sneer at these remarks. How much more fascinating the beautiful girl, whose cheeks glow with the roseate hue of health, who with symmetrical form, and elastic step, bounds along with the agility of a fawn, than the pale and emaciated figure, who with melancholy aspect goes moping about, laboring under low nervous disease, the unhappy result of a life of inactivity, spent in attending parties of pleasure, and lounging about when at home.

Ischomachus, conversing with Socrates, complained of having found his wife one day, with her face painted, and

high-heeled shoes on. He chid her for her folly, and told her if she wanted a better complexion, "why not weave in the loom, standing upright in the open air? why not employ herself in baking, and other family exercises, which would give such a bloom as no paint could imitate?" What a pity that some of our fashionable ladies, who seem to consider it disgraceful to know how to *bake a hoe-cake*, would duly appreciate this remark of the Athenian, and by useful and appropriate exercise, supercede the necessity of using rouge.

With regard to the exercise of old people, and those who are unable to perform manual labor, walking is certainly the most proper; and should a person be unable to bear the fatigue of a walk, he had better take an occasional ride in a carriage, or on horseback, as he may be able.

FOOD.

It would be a difficult task for any medical man to prescribe a proper regimen for every healthy individual. As a general rule, however, I am of the opinion that less flesh, and more vegetables than we usually make use of, would be much better for the health of the people. Children especially should not be allowed to use much meat. Those children who are fed with bread and milk chiefly, appear to enjoy better health than those who indulge in the use of meat, coffee, and tea. Some mothers appear altogether opposed to *starving the darling*, by restricting him to the use of bread and milk; and in their kindness and sympathy for the child, keep him almost constantly sick, by stuffing him with bacon, chicken, pies, custard, &c.; and every time the poor infant screams with pain caused by his food, his cries are supposed to arise from hunger, and he is again crammed with the cause of his pain. Thus many

a parent goes on until the child is ruined by over-eating. During the first year of an infant's life, nothing is so proper for its food as the mother's milk, if she be healthy, and for several years thereafter, a bread and milk diet is decidedly the best. Among adults, especially the males, it seems that the most of those who labor, suppose that they would be unable to bear the fatigue and hardship to which they are accustomed, if they were to abstain from the use of animal food. In this I think they are mistaken. If they will consult the history of mankind, they will find that a large majority are almost destitute of animal food throughout the year.

Many in Asia are sustained by rice, with a little oil to season it; and in Italy, and the Southern part of Europe, the people who are very robust, live on bread, lettuce, and a little oil. Coarse bread and potatoes, constitute the chief food of the Lazzaroni at Naples, a people active and finely proportioned.

Look at the people of Ireland, who live principally upon potatoes and oat meal, and you will find them a hearty race of men. Then turn your attention to the young, dull, and stupid Laplander, Esquimaux, and others, who live almost entirely upon animal food: you will here discover that animal food does not afford as proper nourishment as vegetable. Among the articles of animal food, I consider mutton decidedly more wholesome than most of the articles in common use. Venison, young beef, squirrel, &c., are also good. I do not consider chicken so proper for invalids, as is generally supposed. The skin especially, of the chicken, is hard of digestion.

Among the vegetables, the cucumber is supposed to be as unwholesome, as any article of food in common use amongst us. The celebrated Dr. Abernathy, recommends the following method of preparing this article for the table: "Peel it, slice it down into pieces, put vinegar

and pepper to it, and then throw it away." The cucumber is totally unadapted to the nourishment of the body, and should not be much used by any one, merely to gratify the palate. The Irish-potatoe, tomato, the common bean, garden pea, lettuce; &c., are generally viewed as wholesome articles for those in health.—Those who are sickly, especially whose digestive powers are weak, should avoid the use of cabbage, turnips, &c. Coffee used two or three times daily, is certainly unwholesome, and to those whose nervous systems are weak, one cup in the morning is injurious.

The various teas sold under the names of Imperial, Hyson, Gunpowder, &c., &c., are also unwholesome as common table drink. True, some learned individuals have advocated the use of these articles; but as one who wishes to do all he can to mitigate the sufferings of his fellow beings, the physician should warn the feeble, the nervous, dyspeptic, gouty, &c., &c., against the use of tea and coffee. Milk appears to be the most natural drink for man; and the experience of more than nine-tenths of the human family, is sufficient to convince them of the wholesomeness of this article.

If sedentary persons, especially those who study much, would live upon bread and milk, there would be fewer painful nervous diseases amongst them.

In conclusion, I will make a few remarks upon the "Staff of life," as it has been called, viz: bread.

Bread should not be eaten while hot, as many prefer it, but it would be much better to be at least two days old. Bread, with yeast, is better than that without.—Corn-meal bread is more wholesome than that made of flour; and oat-meal bread is better than either, for those whose digestive powers are weak. Biscuit, as commonly made without yeast, and eaten hot from the oven, I think the most unwholesome bread in common use. Perfect

regularity in taking meals should be observed, and suppers should always be light, and taken early.

SLEEP.

I wish to impress upon the mind of the reader, in the beginning of my remarks on Sleep, the importance of recollecting, at all times, that night is the time designed by our Creator for repose. After the fatigue of the day, the system of man needs a respite from all active exercise; the earth is now enveloped in darkness; the business of the day is suspended; the busy throng have retired; the domestic animals around the farmer have gone to rest; the hum of insects is no longer heard; and now is the time for man to indulge in tired "nature's sweet restorer, balmy sleep." It is true, children, up to the age of two or three years, require some sleep in the day; but the adult in health, should never indulge in his daily nap, if he expects to preserve his health.—Very aged persons, sometimes find it necessary, to take a short nap in the day; but even they, should not indulge in such a course too freely. Some people think it will answer to substitute the day for night, and accordingly, spend a large portion of the latter, in their occupations, and sleep in the day. Two Colonels in the French army, once had a dispute about the proper period for marching, and that for sleeping; one contending, that it would be better to march in the night, the other in the day. They accordingly made the experiment. One of them, in the heat of summer, marched his men in the day, and rested at night, and marched six hundred miles without the loss of a man or horse: the other marched only in the cool of the evening, and part

of the night, taking the day for sleep, he at the end of the same march, had lost many men and horses. Here was a fair test, and resulted in proving, that night only, is the proper time for sleep. Any one, I presume, who has ever tried the experiment, is satisfied of the injury sustained by sleeping in the day, instead of the night. With regard to the time for retiring to rest, I am decidedly in favor of its being early ; but at the same time, it is essential to take supper early, also.

No one should retire to bed until two hours shall have elapsed, from the time of having taken supper. Could I have my own choice, at all times, in taking supper, and going to bed, I would prefer to take my supper at six, P. M., invariably, summer or winter, and retire to rest in two and a half or three hours after. As to the length of time required for sleep, I consider it altogether uncertain. Old and young persons are apt to require more sleep, than those of middle age, or early manhood. Persons of the same age, owing to a difference in the general health or constitution, require different lengths of time for sleep, so that I view it impracticable for the Physician to lay down any precise rule in this particular. In general, however, I would say, that eight hours in the winter, and six in the summer, would answer very well for sleep. I would advise each individual to adopt the plan of the Rev. John Wesley, to ascertain the time to be indulged in sleep. Wesley was in the habit of retiring at ten, and he would generally lie until near eight the next morning. While pursuing this course, he would usually awake every night at twelve or one, and lie some two or three hours without sleep. Concluding that this was owing to his lying in bed too long, he got some one to arouse him at seven in the morning. He still awoke at his usual hour in the night and lay awake,—next morning he got some one to arouse him at six, the

next morning at five, and the next at four. The following night, after having been aroused at four, he awoke not, but slept soundly all night until four. Believing that this proved to him how long he should lie in bed, he adopted it as a general rule, for sixty years, to go to bed at ten, and rise at four. If every one would adopt this plan, I think he would find the result a good one. Perfect regularity in retiring to bed and rising, I think advisable, and persons should always go to bed sufficiently early, to have slept enough by daylight, and rise at that time. In order to procure uninterrupted sleep, a person should remember a remark of Dr. Franklin, and endeavor at all times to have a conscience void of reproach. Let a man live a life of temperance in all things, be in friendship with all mankind, act justly under all circumstances, and above all, be a devout worshipper of the Supreme Ruler of the Universe, and his sleep will always be sweet when in health.

———"On him the balmy dews
Of sleep with double nutriment descend."

CLOTHING.

I consider but few remarks necessary on this subject, as the most of people can provide themselves with clothing to suit the climate, &c. Custom, however, sometimes causes persons to clothe themselves in a manner, greatly injurious to the system, especially females. The practice of lacing, has been productive of much mischief; but as I shall say much on this subject, when treating on female diseases, I shall omit saying more in this place. I have known ladies to contract diseases by wearing their white dresses in cold weather, because fashion required it; also taking off yarn stockings, and putting on cotton to go to a party. These

things should be carefully avoided by every one, and clothing worn to suit the season of the year, regardless of fashion. Persons should be careful about changing warm clothes for cool or thin ones. Winter clothes should not be taken off too soon, nor summer clothes worn too long. Every step should be taken to make the clothing correspond with the weather, constitution, &c.

Old or delicate people require warmer clothes than the young and robust. In age the perspiration becomes deficient, and in some invalids also. These would derive advantage from the use of flannel worn next to the skin. I once, after having been afflicted for some weeks, in the latter part of winter, and during the spring, wore flannel throughout the following summer, with decided benefit. The clothing should always be sufficiently free and loose to not bind any part of the body, and this is more particularly necessary with children, in order that every part of the system, may be fully and proportionably developed. Even the shoes should be free and easy, instead of being made purposely to alter the form of the foot, and make it *extremely pretty*, at the same time causing a deformity, and much suffering to the person wearing such shoes.

Every part of the clothing should be so fitted as to place no restraint on any motion of the limbs whatever. I shall probably say more on the subject of the clothing of invalids, when treating on the various diseases to which we are subject.

CLEANLINESS.

I will offer a few brief remarks on the subject of cleanliness, as this is of deep importance in the preservation of health. With regard to the skin, any one who has arrived to the age of discretion, is aware of the advantage of keep-

ing it pure. We all know that our sleep is more refreshing, after having taken a bath in some river or pond, the previous day, and that our systems are renovated in a considerable degree. Frequent washing promotes the perspiration, and a person would do well to wash the entire body once or twice a week, especially in the summer season. A mere swimming frolic is not sufficient, but soap and a cloth should be freely used, as well as water. Frequent changes of apparel tend, also, very much to the promotion of health. The continual discharge from the skin, renders this quite essential. A person should change his clothes once or twice a-week, or oftener, agreeably to the occupation he follows. Suffice it to say, the clothes, particularly those worn next to the skin, should be clean, so that the matter that should be carried off by the perspiration, may not be re-absorbed from dirty clothes. Cleanliness about houses and yards should be strictly observed at all times. Hogs should not be kept in pens near dwellings, neither summer nor winter. I once knew an entire family, with perhaps one or two exceptions, to have an attack of fever, in consequence of a filthy sewer, placed in one corner of the kitchen. Not only the houses should be kept clean, but the yard about a dwelling should be, also. Weeds and grass should not be allowed to grow luxuriantly about the house, to remain until the fall of the year, and then suffered to decay, thereby producing a miasma, which causes sickness. No little ponds of water, in which chickens and ducks are allowed to play, should be about the yard. No decomposition of animal or vegetable matter, should take place near a dwelling. The most sickness caused by a want of cleanliness, is in our populous villages. The streets in some villages are but little better than stables, being covered with straw, and trash of almost every kind, and even in some of our most respectable towns, we often see slaughter-houses in the centre.

Sometimes we may enter one of our commercial towns, and while on the streets, see nothing but the strictest cleanliness; but at the same time, on going into the back yards, especially about the ware-houses, we will find sufficient filth, to cause a wide spread fever in the fall season. What a pity that the men in high life in cities, do not pay more attention to the same, than they do. Such individuals, seem to think the subject beneath them, when in fact a gentleman of genius and learning, might achieve more for his fellow beings in this respect, than he could in our national legislature. In ancient Rome, it appears, that the greatest men, did not think this a matter unworthy their notice, and when such men as Tarquinius and Agrippa have paid attention to such things, surely none of us would be disgraced by imitating their example.

ORDINARY LABOR.

As the "bone and sinew of the land" are those who are in obedience to the will of Him "in whom we live," engaged in making a support for themselves and families, by "the sweat of the brow," I think it my duty to say something, for the especial benefit of this important class of citizens. The business of the farmer, renders him peculiarly liable to exposure to wet and cold, and a few remarks upon this subject may be some benefit to him. In attending to his ordinary business, he should be careful, as much as possible, to avoid working in the rain; and should accident or necessity cause him to get wet, he should by all means, change his wet clothes for dry ones, as soon as practicable. I have known individuals who would labor all day, with wet clothes on. This is highly injurious, as it gives a check to the perspiration, thereby rendering a per-

son liable to colds, pleurisies, and many other dangerous diseases. Wet feet should also be avoided. Another prolific cause of disease amongst laborers, is, becoming very warm, and cooling off suddenly. It is no uncommon thing for an individual to work hard, until he becomes greatly heated and fatigued, and when he stops to rest, seek a cool shade where the winds blow freely, that he may become suddenly cool. This is also dangerous, as well as taking large draughts of cold spring water, while the body is hot. When a person gets extremely warm by labor, and stops; to indulge in a respite from work, it would be well for him to put on a coat, that he may cool gradually, and if he be thirsty, let him cool himself first, then take a small draught instead of a large one, and repeat it, as occasion may require. I once knew an individual, who was in the habit of drinking large draughts of cold water; but it was his practice to rest after labor until he became cool, then take his drink and go forthwith to work, and in a few minutes would perspire freely. He was a very robust man, and would often drink half a gallon of cold water, at a single draught. He lived to upwards of eighty years of age, without a day's sickness, until he was attacked with a disease that terminated his life.

Some laborers will lie down in the sun, to rest and sleep. This should not be done, as persons have sometimes awaked in a burning fever. Heavy lifting has often been productive of serious injury to the laborer. Some lift great weights in consequence of genuine laziness. They will carry all at one load, that should be carried at two or three, to avoid retracing their steps for a second load. Others will carry heavy burdens, from a desire to excel in lifting; hence we know more athletic men injured by heavy lifting than those who are weaker. I knew an individual when I was a boy, who in attemp-

ting to lift more than another, suddenly cried out that he felt something give way in his right side, which caused him great pain. He was never well afterwards, for he was soon after attacked with typhus fever, which resulted in death. On dissection, the physicians discovered a portion of the right lobe of the liver unsound, and the flesh in his side, contiguous thereto. I knew another, a schoolmate of mine, who bore the appearance of a healthy man, until he lifted, or assisted in lifting some heavy timber for two or three days, which brought on hemorrhage from the lungs, and he died within one year, with confirmed consumption. No person should lift very heavy burdens from motives of avarice, vanity, or anything else; but endeavor to do well with what strength his Creator has given him.

Poverty is sometimes pleaded, as an excuse for laboring in inclement weather. This, it is true, is the most reasonable apology, as many a poor fellow works for his more prosperous neighbors for a bare pittance, and seems obliged to labor incessantly every day to make a support for his suffering family. Here is an object of charity, and he who rides about in a gilded coach from day to day, should not only relieve such, when he happens to find them, but he should visit the wretched hovels of the poor, and afford all the relief possible.

How many there are, who profess to be humble followers of the meek and lowly Lamb of God, who live in all the splendor of wealth, and seem to think, that there is not an object around them in need of assistance! How many such who spend a large sum, yearly, in superfluous articles of clothing for sons and daughters, while the children of some poor neighbor, not one mile distant, are suffering for necessary food and raiment! Is this in imitation of Him whom they profess to worship?

“To relieve the industrious poor in distress,” says Dr. Buchan, “is surely the most exalted act of religion and humanity.” This is a true remark, and it is strange how the wealthy christian, can let the poor suffer for food and clothing in his own neighborhood.

In conclusion I will say, that my own, and the success of other business depends upon agriculture. Farming is the main pillar upon which our national fabric stands, and it is a deficiency in agricultural pursuits, that has caused, in a great measure, the present pecuniary distress of our country. We should all, therefore, be willing to assist, in promoting the long life and prosperity of the farmer; and I will here say to him,—take every step, use every precaution to preserve your health, both in and out of the field, and suffer not the love of gain, or any other thing, to influence you, to endanger your health by undue fatigue and exposure.

SEDENTARY OCCUPATIONS.

As there are many, too many persons in our country, who are engaged in Sedentary occupations, I wish to make some remarks upon the subject.

My own opinion is, that there are about four times the number of sedentary people that there should be. Curl not your lip, dear reader, and accuse me of dictating to the intelligent people of these United States. In the spirit of kindness, and not in the spirit of dictation, I make the remark. Some will say, that we have no more mechanics than we actually need; and that we have not a sufficiency of land for all to be farmers. The latter assertion I think incorrect. We are told that an ancient Roman could support a family on one acre of ground; and here in North Carolina, twenty acres of land, well improved, and

rightly cultivated, would support a large family. Suppose that each family had but twenty acres allowed for a support, how many lawyers and doctors, mechanics, and others who are now living by other means, could have farms upon which to live and rear a family!

As to the remark, that we have no more mechanics than we need, I must say that I do not know that we have. I think it necessary that we should have some first rate mechanics; but I believe that we have more who depend solely upon mechanical trades than we should have.

Where is the farmer who could not, in a short time, enable himself to make a shoe, a plough-stock, a harness, or even a log-house? And where the female who could not soon learn to make a coat or waistcoat? I say, let every farmer be a mechanic. Let us have one fourth the number engaged constantly in some mechanical trade that we have; or (better still), let every mechanic be also a farmer; work one day in the shop, and three in the field; and we would then have sufficient articles to get along with, and they would get a better price for their work.

Then, we would not find so many bankrupts in the villages, or on the farm. Each mechanic, by making something for his own family on the farm, and getting a fair price for his work, can live out of debt; and the farmer would not be so apt to purchase this pretty piece of furniture, and that, and thereby involve himself, so as to be unable to meet his engagements. These are not half the advantages to be derived, from every farmer being a mechanic, and every mechanic a farmer. Then, instead of the pale, meagre look of the tailor, shoe-maker, hatter, painter, silversmith, &c. &c., we would behold the roseate cheek of the farmer. Those who will pursue some mechanical trade constantly for a support, should not sit all day if they can avoid it. The tailor or shoe-maker, though he is obliged to sit some, can

stand a part of his time, without ceasing work ; and when he has time to spend away from his bench, instead of spending it at the card-table, in the bar-room, or even riding out in the country, let him, if he will not seize the hoe or plough, walk briskly about in the open air.

Many mechanics should not be crowded in a room together. By this, tailors and others are often injured, in consequence of the impurity of the air which they breathe. In conclusion, I will say, let the mechanic, the merchant, the clerk, the lawyer, the legislator, the scholar, and the divine, occasionally seize the plough, Cincinnatus like, and make part of a support by the "sweat of the brow." Then would we have fewer cases of consumption, asthma, scrofula, and other diseases ; and then would we doctors, as a matter of course, for want of sufficient business in our profession, adopt the rule we lay down for others, and grasp the axe, the plough, and the hoe, ourselves.

STUDY.

Those who study much, are subject to become much diseased, as the body is too inactive, and the mind so intensely engaged as to affect the body also. The thoughtless youth, who has not sufficient intellect to bestow a thought on any important subject, will enjoy excellent health and spirits ; while the man of profound intellect, who studies long and deep, soon becomes effected with general nervous debility, and sinks sometimes, into a state of melancholy. The studious are liable to many diseases, among which are dyspepsy, jaundice, functional disorder of the liver, consumption, inflammation of the eyes, and hypochondriasis.

The student should select, if convenient, a large, well

aired apartment to pursue his studies. His diet, contrary to the opinion of Buchan and others, should be lighter than that of the laborer. While reading, he should change his posture often, and not sit as some do, bent over his book constantly. He should not confine himself to the closet all day, but should relax his mind by going into cheerful company, engaging in conversation upon subjects remote from the subject of his studies, and joining in innocent amusements. He must engage occasionally in active exercise, such as working in the garden, walking or riding out a few miles, &c. By relaxing his mind from study, he not only promotes his health, but he progresses much better in his studies. When I was studying, I applied myself closely all day; and sometimes for many days in succession, I was not one hour from my book, at once, from sunrise until nine, ten, or even eleven o'clock at night. I had cause to repent this course, as I found I had almost ruined my constitution thereby.—I pursued such a course, partly on account of my adverse circumstances in life; and I am now convinced, that my progress was slower than it would have been, had I devoted less of my time to study.

An eminent individual has said—"a painter will wash his pencil; a smith will look to his hammer, anvil, and forges; a husbandman will mend his plough-irons, and grind his hatchet if it be dull; a falconer, or huntsman, will have an especial care for his hawks, hounds, and horses; a musician will string and unstring his lute; the literati alone neglect that instrument, the brain, which they daily use—by which they range over the world, and which, by much study, is consumed." Midnight studies should be avoided, but at the same time, I would not advise the student to be engaged in playing cards, drinking wine, keeping the company of lewd women, or any other vice; but be as he should always be, at that hour of the night,

in his chamber, indulging the sweet repose of a quiet conscience. The morning is, I know, a favorable time for study, but I think the student had better rise at day-light, take a walk of one mile before breakfast, and then he will be prepared for study. Some students suppose that they must take a little French brandy, to "brighten their ideas," in order to get along well in their studies; others seem to think, that as men of great genius, they should use it, because Byron and some others of talent were so unfortunate as to have fallen victims to the inebriating bowl. On the contrary, nothing stimulating should be used, as the mind will be injured thereby, instead of being brightened; and I presume, that those who wish to use spirits in imitation of great men, would not like, in following such examples, to fall like Alexander, the victim of one night's debauch. I knew a medical gentleman, who, while pursuing his studies, kept under the exhilarating influence of opium some months. He commenced practice with an enervated constitution, and it was years ere he recovered from the effects of his imprudence. No stimulating liquid, no potent drug, should be taken to assist the mind of the student. A proper devotion to study, innocent recreation, proper diet and exercise, a moral and virtuous course of conduct, perseverance and a good intellect, will insure him success.

TEMPERANCE.

No subject is more closely connected with the moral happiness of mankind, than this. Nothing has a greater tendency to destroy a man's health, his fortune, his fame, his domestic peace and prosperity; and to introduce him into that broad road that leads to eternal destruction, than intemperance. It is the grand lever made use of by the enemy of the souls of men, to people the regions of darkness.

It is my province, however, in this place, to speak principally of the physical effects of intemperance ; and I shall confine myself more particularly to the use of spirituous liquors. These articles (I mean rum, brandy, whiskey, wine, &c.) all possess the property of a diffusible stimulant, which acts in the following manner, when taken in a moderate dose, by a person in health. The pulse is increased in fulness, force, and frequency ; the strength becomes more vigorous, and the individual is much exhilarated. These effects continue but a short time, and are succeeded by diminished action ; the pulse sinks as far below its proper or healthy standard, as it was raised above it, and the person is somewhat dull and stupid. Taken in more excessive quantities, it produces eventually tremors, sickness, headache, and even death. Those who use ardent spirits or wine, moderately, are not exempt from its baneful effects. We have a case on record, of a gentleman who used only one teaspoon full of rum every day for seventy years, and died, upwards of one hundred years old. His living to such an extreme old age, the advocates of moderate drinking contended, was proof conclusive that such a use of spirits was not injurious ; but as he died without any apparent disease, he was examined after death in order to ascertain the cause of his death, when it appeared to the satisfaction of the physicians who made the *post mortem* examination, that his death was caused by this TEASPOON FULL OF RUM PER DAY, as his stomach was cancrus from its effects !!! By making a calculation, we find that he only used fifty and a half gallons in seventy years ; yet this destroyed his life. One of the physicians who examined the body, states that he found every part of the system sound except the stomach, and that it appeared more like the body of a young man than an old one. He further declared that every other part justified the belief that the old

gentleman might have lived another century. This shows the danger of the most moderate drinking. Let no one, who knows a moderate drinker that has lived even one hundred years, apply such a circumstance as a pleasing unction to his soul, for he knows not what ravages it is making within. It is unfortunately the case, that few moderate drinkers are seen at the age of fifty. The moderate drinker at twenty is apt to become the free drinker at thirty, the excessive drinker at forty, and the perfect sot at fifty. Wine is included in my remarks on spirits, as the active principle of both is alcohol; and the only difference in the effects is, that a larger quantity of wine is required. Dr. Rush says, "while the effects of the one, like those of tyranny in a well ordered government, are first experienced in the extremities, the other, as a bold invader, seizes at once upon the vitals of the constitution, producing irreparable mischief." Ardent spirits produce many diseases, such as dyspepsy, palsy, apoplexy, consumption and many other diseases. The physical effects ought to be sufficient to deter men from using it; but this is only the bright side of the picture. When we look at the moral effects, and see the wretchedness it causes at the fireside—when we are aware of the pauperism, crimes, &c., arising from the use of the article; then, as patriots, philanthropists, and Christians, we should use every laudable means to prevent its use; especially when we go further, and think of the hundreds and thousands of human souls, that we have reason to believe, have gone to eternal destruction by drinking it. I shall conclude with the following remarks by Dr. Chapman—"It is the sacred duty of every one exercising the profession of medicine, to unite with the moralist, the divine, and the economist, in discouraging the consumption of those baneful articles; and as the first step in the scheme of reformation, to discountenance the popular notion of their

remedial efficacy. Chained by a species of infatuation to the use of these intoxicating liquors, as firm as Prometheus to his rock, mankind have hitherto seemed equally heedless to the admonitions of the wise, and the suggestions of their own understandings.

“ Leaving such as wish precise information, to consult some of the more formal disquisitions on the subject, which trace their pernicious effects, as well on the mind as body, I shall merely remark, that so great is the mischief, in every view, that the emptying of Pandora’s box was but the type of what has since happened in the diffusion of rum, brandy, gin and whiskey among the human species.”

BATHING.

As some people appear to have a wish to do anything that “*papa* or *mammy*” had previously done, I will mention, as an inducement to bathe, the antiquity of the custom. The people in ancient days, bathed in rivers, as we observe from the fact of Pharaoh’s daughter bathing in the Nile, of Nausicaa and other females bathing in a river, and of the Amazons indulging in the same in the waters of Thermodon. The Greeks, we are informed, plunged their children, when quite young, into cold water, to make them healthy ; and the Spartan girls, bathed in the Eurotus.

Domestic baths were also in use, as far back as the time of Diomedes and Ulysses. Andromache prepared warm water for Hector, upon a certain occasion ; and Penelope resorted to bathing to dispel gloomy thoughts. Homer mentions a hot spring near a cold one, as a place for bathing.

We read, that Alexander was astonished at the luxury

and grandeur of the baths of Darius; so we see that the Persians carried the custom to a great extent. Go amongst any of the American Indians, and you will there discover, that those children of nature delight in bathing.— Thus it appears, that man in our day, cannot refuse to indulge in this healthful recreation, for the want of a precedent.

There are several kinds of baths. The common cold bath, that is, bathing every part of the system, requires the advice and attendance of a physician. I shall therefore lay down no rules, for its practice, as much harm might be done by persons resorting to it, who are ignorant of its effects.

The topical application of cold water to burns, strains, bruises, and chronic-rheumatism, is well understood by the common people, and can be used with safety, in such cases. The shower is an excellent mode of using the cold bath, and is applied by means of an apparatus, in which there are many apertures, through which, cold water is poured from a considerable height upon the body. In the use of this, the advice of a physician should also be had. The tepid bath is that, in which the water is about 30 degrees of Fahrenheit, which is twelve degrees below blood heat. This bath is sometimes used in fevers, when the system is too weak to bear the cold bath. In diseases of the skin, this bath is sometimes valuable. I consider it the most proper bath, for people in health, and it may be used often in the summer, at least, sufficiently so, to keep the skin pure and clean. I would say, rather, that this would be a very proper temperature, for water to be, with which persons wash their entire bodies, in warm weather. The hot bath is from 93 to 96 degrees of Fahrenheit, and is used with benefit in palsy, cramp, colic, and many other diseases, in which there is no peculiar de-

termination of blood to the brain. The advice of a physician should be had, before using this bath, and the vapor bath also. I shall therefore, not describe the manner of applying the latter.

BEDS.

Some persons think that if they had to sleep on any other kind of beds but the downy couch, their situation would be uncomfortable in the extreme, and express much sympathy for those who are obliged to repose, upon their beds of straw. These people are much mistaken in the matter; and were they to exchange their feather-beds, for those of straw, they would sleep much more soundly, and feel better the following day. Of this any one is convinced who has tried the experiment; but pride prevents them from adopting as a general plan, the sleeping on straw-beds or mattresses. The warmth and excessive perspiration, caused by laying on a feather-bed in the summer, produces general debility, and renders an individual much more susceptible to the influence of cold. A mattress made of moss, or beds of straw, hay, hair, or leaves, would be far better both for children and adults, than feather-beds.

Even pillows of feathers, in consequence of their warmth, are improper in warm weather, as they sometimes produce inflammation of the ears, eruptions, and serious diseases of the head. The bed should be placed in the centre of an airy apartment raised high on a stead, and should by no means be shrouded with curtains. Keeping the bed upon which children have to repose, pushed under another bed during the day, is very improper, as all beds should be placed in a situation where they could be

freely ventilated during the day. The practice of covering the heads of children, when asleep, should be carefully avoided; and grown persons should never allow themselves to sleep with the head covered in any kind of weather.

A sufficient quantity of clothes should be placed upon a person while asleep, to protect him from the cold, and nothing more. Many people sleep under too many blankets in cold weather, thereby rendering themselves more liable to attacks of cold, besides enervating the system to a considerable extent, if indulged in long. Beds and bed clothes ought to be often put out in the sun, in mild weather at least. Bed clothes that have been recently washed, must be put near the fire, a sufficient length of time to remove all dampness from them; and persons should be careful to examine sheets when taken from the drawer, to see that they be perfectly dry, as such are often put away damp, and will retain their dampness a long time. In very damp weather, the sheets on beds that were previously dry, may become damp; these therefore should also be attended to, and well dried by the fire before sleeping in them.

TOBACCO.

The use of this noxious weed has become so fashionable among all classes, from the clerical fop, down to the red-nosed bacchanalian, that any individual will run the risk of receiving a severe castigation for attempting to discountenance the use of it; but the man who takes his pen to lay down some rules to be observed for the preservation of health, should not shrink from the responsibility of condemning any practice, however common, that tends to un-

determine the constitution. That the use of tobacco is a fruitful source of dyspepsy and some other diseases, no medical man, I presume, will dispute.

In a dissertation on tobacco, Dr. McAllister declares—“That few substances are capable of exerting effects so sudden and destructive as this poisonous plant. Prick the skin of a mouse with a needle, the point of which has been dipped in the essential oil of tobacco, and immediately it swells and dies. Introduce a piece of common twist as large as a Kidney-bean, into the mouth of a robust man unaccustomed to this weed, and soon he is affected with fainting, vertigo, nausea, vomiting, and loss of vision; at length the surface becomes deadly pale, the cold sweat gathers upon his brow, the pulse flutters, or ceases to beat, an universal tremor comes on, with slight spasms, and other symptoms of dissolution. If such be its effects on the human system, if it require all the skill of the most experienced practitioners to guard against those sudden depressions, which uniformly follow its use, when administered with the utmost circumspection; and if, with all this caution, its operation is still followed by the most alarming and even vital consequences, what shall we say of those who habitually subject themselves to the destructive influence of this worse than Bohon Upas.” The above are the remarks of an eminent physician, and the truth of the same is beyond successful contradiction.

We do not confine our remarks to the practice of chewing, but wish to be understood as including the use of this poisonous stuff in every way. Few animals will make use of tobacco through choice. A species of goat, (one of the most disagreeable creatures of which we have any knowledge,) the tobacco worm, and man, are the only animals that make use of it, unless somewhat forced into it by man. Chewing, smoking, or even snuffing, is productive of much disorder of the stomach, the abdominal viscera,

and the nervous system generally. I know several individuals at this time, who are evidently dyspeptic, from the use of this article; and I recently had a case of epilepsy under my care, which was attended with every symptom of dyspepsy; and believing, as I did, that the excessive chewing of tobacco, greatly aggravated the disease, I forbid the use of it. The patient for a time, ceased to chew, during which time he had not one violent fit, and the symptoms of dyspepsy left him. At the end of four weeks, however, he resumed the unfortunate habit of chewing tobacco, even indulging in it after he went to bed. In a few days the dyspepsy returned, and fits also, and three weeks thereafter, he, in a fit, fell into the water, and was drowned. Indulging in smoking, or in fact, in any way using tobacco, opens the door for other vices, especially that of using ardent spirits.

Dr. McAllister tells of an individual with whom he was well acquainted, who became a wretched drunkard, and who often told the Doctor, that his miserable condition was produced by a thirst, caused by smoking a cigar. He first only sipped a little gin and water, to quench that thirst, but went on increasing his stimulus, until he reduced himself to the state of the drunkard. This individual was a man of high intellectual endowments, but became lost to society, by smoking a cigar. It has often happened, that an individual, who has labored for some time, under mental depression, dyspepsy, and a nervous debility, caused by a free use of this article, on abandoning the use of it, has recovered his strength and health. The use of the cigar and snuff, is but little below the chewing in its pernicious effects. A person much in the habit of using snuff in company, and politely reaching it to a bystander, often carries it to such excess, as to produce narcotic effects; and cigar smoking, particularly in our villages, is apt to induce habits of idleness, the sure precursor to vice of al-

most every grade. A parcel of young fops collect together for the purpose of taking a social whiff: they must then walk the streets half the night, occasionally popping into a tipling shop to get a *horn*—are found at the billiard table, and perhaps one half the number, ere five years roll around, are members of some clan of highway robbers.

I have seen an amusing article from the London Literary Gazette, which I must here introduce, or a part of it. It is on the subject of smoking, and is truly diverting, and mostly true. “A more disagreeable nuisance,” says the Editor, “does not infest the streets of London, than a young shop-boy smoking a cigar. An Irish market woman, or a hod man with a *dudheen*, is tolerable; but to see the whelps, who make the air noisome almost wherever they go, in and about the metropolis, is indeed an offence of mental and physical bile to the beholder. Their faces are generally of a lightish dun smoke color; their mouths pursed up like monkeys munching soft apples; their eyes bleary and dissipated; their nostrils, as it were, disgusted with their mouths, and having a nightman twist and expression; their air most impertinent, and their whole puppy, at once ridiculous, and provocative to kicking.” What a faithful representation is here given, of the very self-important coxcombs who infest the streets of our towns and cities!—who strut along with an air of insulting impudence, with their handkerchiefs hanging from their pockets, half way to the ground, with a cigar stuck in one corner of their mouth, (for which they have perhaps paid their last picayune,) puffing their noxious vapors into the face of every one they may happen to meet. It seems that some of these creatures think, that the cigar and a dandy appearance, will answer as substitutes for intellectual capacity, and acquired information.

The Editor of the Gazette goes on to say:—“We do not mention their continual and filthy squirts of expectoration,

as they take the stinking roll of weeds from their dirty lips, and tip off the burnt ashes with an amusing consequence, and staring about with a vacant stolidity; for really the picture is so revolting that even its grotesque absurdity fails to excite the laugh of contempt, and we cannot but pity the 'critters,' with their snivelling, turnip-built countenances, while we are annoyed by their apish practices." In another place he says—"Smoking is an expensive indulgence; and an honest shop-boy, an apprentice to a trade, an ill-paid attorney's clerk, and multitudes in many similar walks of life, cannot afford it. The two or three cigars a-day, not to speak of their attendant tippling, are a heavy cost to such persons; and we firmly believe, that a large proportion of the minor crimes committed in London, and other populous places, owe their origin to the paltry exhibition of smoking.

"Thieving, robbing masters, breaches of trust, petty swindling, discontent, lying, idling, keeping bad company, resorting to demoralizing haunts, are all the notorious fruits of this pernicious habit; and the cells of Clerkenwell, Iron Monger Lane, Cold Bath Fields, and Newgate, contain hundreds of ruined witnesses to the truth of our statement." Our Editor in another place, when speaking of men with moustaches smoking, says,—“Moustaches, which may be bought at from fourpence to half a crown a pair, in the little barbers' back-shops, in back-streets; blouses, cheap and nasty, shapeless and sheep-stealing in outward appearance, dirty hair and the worst appurtenances of the tribe of Benjamin, and cigars polluting the circumambient air, are indeed the characteristics of these would-be *gentlemen*. Only look at the 'critters,' the last pilfered sixpence, perhaps, thus consuming; truly tobacco in such cases, may be called the 'anodyne of poverty,' and this might be some excuse for it, were it not also too frequently the cause, as well

as the cure, and the anodyne of thievery, more than of beggary."

The language of the Gazette, is, in some places severe, but not more severe than many cigar smokers merit; and those who are more gentlemanly than to deserve it, should become ashamed of participating in such a vulgar practice, and abandon it. We must judge a man's harshness of expression in part, by the reasons he has for being thus harsh; and no doubt the object of the Editor was, to correct the excessive use of the cigar about the metropolis, which he knew to be so pernicious to health and good morals. To conclude; we, as medical men, are obliged to know that such an active narcotic—such a virulent poison as tobacco, must be deleterious to the human system; consequently, we should privately and publicly, discountenance the use of it as far as practicable; for I consider, that it is the duty of the physician, as a patriot, a philanthropist, and a christian, to enlighten the public mind in every possible manner, upon those subjects, calculated to prevent disease; thereby lessening the mortality amongst mankind.

MALT LIQUORS.

Upon the subject of malt liquors, medical men appear to differ; some saying that they are perfectly innocent, and even beneficial; others declaring them to be pernicious. In one medical work we find the following remark: "Malt liquors, when of a good quality, and drunk in moderation, constitute, for many persons, an innocent and wholesome beverage."

In the same work we find in an article on water, the following:—"Water, says a French medical writer, is the

only fitting drink ; and this is an opinion sanctioned by the soundest authorities in hygiene and medicine, as well as by the experience of the larger number of those persons who have attained to a very advanced age in the plenitude of health. Can we conceive of any emergency, in which a man desires the free and vigorous possession of his faculties, in which a necessary or fitting aid could be furnished by any other drink than water. The first canto of 'Childe Harold,' was written by Byron, a water drinker, while 'Don Juan' was written by Byron, a gin drinker and tobacco chewer. Let the latter poem be the text-book of him who cries out nonsense, when we advocate the cause of temperance."

Thus we see that even some who advocate the use of malt liquors, will after a "sober second thought," array themselves on the side of cold water. "Honest water," says Shakespeare, is too weak to be a sinner ; it never left a man in the mire"—whereas, "wine is a mocker, strong drink is raging, and whoever is deceived thereby is not wise." Those who think that a person whose digestive powers are weak or feeble, should use beer, or something stronger than water, are much mistaken. Malt liquors only tend to increase the debility and impair digestion more and more. I once had the management of a dyspeptic, who occasionally indulged in the use of beer, contrary to my advice, which always aggravated the disease very much.

As one evidence of the debilitating influence of malt liquors, I refer you to the case of Dr. Franklin and his associate laborers in London ; not because the Dr. was a relative of mine, but because he was a man of uncommon genius, and his testimony is to be relied upon in every respect. We there learn that Franklin, the American aquatic, as they called him, was able, by the use of cold water, to bear much more fatigue, and carry almost twice the

weight that any one of those could, who drank beer. Water, pure spring water, is the natural beverage of man, and the individual who uses it alone, as a common drink, is not so liable to appoplexy, palsy, gout and many other diseases, as one who is in the habit of pouring down ale, cider, porter, &c.

I knew a minister of the Friend's church, who resided in London, and came to the United States at the age of seventy-five. He had not tasted of tea, coffee, spirits, malt liquor or cider, or ate "fish, flesh, or fowl," in thirty years, and often said that he felt more active and strong at seventy-five, than he did at forty. The most of my readers, I presume, are acquainted with the history of Lewis Cornairo, who died at Padua, at the age of ninety-eight, in 1565. This man who, in his youth, had injured his health by intemperance, re-established it by a rigid course of temperance, and in his eighty-third year, says, "I now enjoy vigorous state of body and mind. I mount my horse from the ground, I climb steep ascents with ease; and have lately wrote a comedy full of mirth and raillery. When I return home, either from private business, or from the Senate, I have eleven grandchildren, with whose education, amusement and songs, I am greatly delighted; and I frequently sing with them, for my voice is clearer and stronger *now*, than it ever was in my youth. In short, I am in all respects happy, and quite a stranger to the doleful, morose, dying life of lame, deaf, and blind old age, worn out with intemperance."

COFFEE AND TEA.

Of the use of these two articles, which is carried to such excess in the United States, I wish to make a few remarks. Though the use of coffee is so strongly recommended by nearly all the good old mothers of our country, and even by some of our medical men, I shall take the liberty to differ with them in a general point of view. Dr. Hooper, in his Medical Dictionary says, "If coffee be drunk warm within an hour after dinner, it is of singular use to those who have head-ache, from weakness of the stomach, contracted by sedentary habits, close attention, or accidental drunkenness. It is of service, when the digestion is weak; and persons afflicted with the sick head-ache are much benefitted by its use, in some instances, though this effect is by no means uniform." This is high authority in favor of coffee *occasionally*, but I shall assume the liberty of differing with the above statement in most points. A cup of coffee in the morning after a drunken frolic the preceding night, of course may be of temporary benefit, by allaying for a time the nervous irritability produced by drunkenness; but I am of the opinion, that it only in this case answers the purpose, of *another drink of whiskey*, and its effects soon vanish, though I would advise the use of the coffee in preference to the whiskey.

I think it would be a very rare case of head-ache, in which coffee would be useful, unless it would be some one who has been stimulating too freely with spirits, or has been so long accustomed to using coffee as common drink, that he cannot do well without it. I consider it decidedly injurious to the nervous system, and have never had a case of dyspepsy, that was not aggravated by its use. By the habitual use of strong coffee for some thirty or forty years, the system becomes so enervated

by the over excitement, and consequent depression, it has so often produced, that an individual cannot well support the strength, without its accustomed stimulus—and like all other stimulants, it must be increased in strength or quantity, to have the desired effect; hence we hear so many respectable old ladies crying out, “Ah, you doctors need not tell us that coffee is not wholesome, when our own experience has proven the contrary; for we old folks could not live without it.” Mistaken lady: only reduce your quantity of coffee, used to-day, to one-fourth less to-morrow, and continue to reduce it in the same ratio every day, until you bring it down to the smallest possible portion; then cease to use it entirely, and you will soon realize the benefit, in nights of sweet repose, and days of more nervous energy, unless you are far advanced in life, and have impaired your constitution to such a degree, by the use of strong coffee, that you could not bear the shock.

Of the use of tea, my opinions are no more in favor than of coffee. Every kind of tea to be purchased in our stores, has narcotic properties when green, and the experience of any person who has used the article to much extent, I should think, has convinced him or her, that it is highly injurious to the nervous system. The hysterical lady, and hypochondriacal gentleman especially, had best avoid the use of tea at all times.

WET FEET.

Many diseases with which mankind are afflicted, have their origin from wet feet. The rosy cheeked little girl is seen running about, gay and sprightly in the morning, with

her prunellas on, through which the water penetrates without difficulty; ere midnight, we are summoned to the bed-side of the little creature, whom we find laboring under that alarming disease, the croup; and before the morning dawns, her little spirit has fled to Him who gave it. In vain the tender mother wrings her hands, and in the agony of her soul, implores us to exert our utmost skill to save her darling, lamenting the carelessness that suffered the child to run out in such damp weather. In vain the anxious father wishes that he had not purchased such thin shoes, because they were fashionable; and in vain we administer our most potent remedies to arrest the disease, in its onward course.—All our efforts to control it, prove abortive; the breathing becomes more and more difficult; the little sufferer casts an imploring look upon us, struggles, and dies. One day we beheld the industrious youth, who had just married a beautiful bride, busily engaged in preparing his farm for cultivation, in a situation that caused his feet to be constantly damp; and perhaps ere one short month rolls round, we see him moving about upon his crutches, the victim of rheumatism, of which he is never afterwards free.

Walking the street on a day, when the earth is damp from previous rain, we see the young lady of fashion, tripping along with the elasticity of youth, with her fine silk stockings and thin soled shoes completely saturated with water. In this situation she enters the church, and remains until service is over; and on the following day, her physician being called in, finds her severely attacked with a pleurisy, to which she soon falls a victim, and like a beautiful flower nipt by an untimely frost, drops to the ground.

How many fond mothers, are made to weep over the remains of their prattling babes; how many wives, to lament

the early loss of dear husbands ; and how many young females to bemoan the death of those to whom they have plighted their vows, by not taking the necessary precaution in this particular. There are few diseases incident to mankind, but may be brought on by wet feet ; and persons, in every situation, should carefully avoid getting damp feet ; and should any one get his feet wet by accident, he should by all means, dry them as soon as practicable.

Good, thick, leather shoes, should always be worn in cold or wet weather, and if the occupation is such that one pair, will not suffice to keep the feet dry, a good pair of over shoes, should be worn also. Let not the love of fashion, or the fear of ridicule, deter the polite young Miss, from wearing a good, comfortable pair of shoes, at all times. It is true, thin shoes can be worn in dry, warm weather, with perfect safety, but when the weather changes, the shoes should be changed also, regardless of fashion.

MANAGEMENT OF THE HAIR.

As this is something of importance to health, I must say a few words about it here. It has generally been remarked, that the head should be kept cool, and the feet warm : and this is a tolerably just remark. To keep the head cool, the hair had better be short, and I would advise gentlemen, under all circumstances, (when in health) to keep their hair short. It seems, that long, flowing tresses, have been considered an ornament to the fair sex, from the earliest history of the world : I shall, therefore, not insist upon a change in this ancient custom : but at times, when the hair becomes irregular, nothing is so well calculated to restore its growth and beauty, as cutting it off.

The hair of children, should be invariably kept short. We often see children who have long hair, with pale com-

plexions, weak eyes &c. They are also liable to head ache, inflammation of the brain, and other complaints of the head, from having the head covered with a thick, long coat of hair. The hair of children should be kept short, until they arrive at the age of eight or ten years, and particular pains ought to be taken to keep it well combed, and perfectly clean at all times. I shall conclude this article by inserting a few remarks, found in a little work entitled, "Advice to young mothers, by a grandmother." "The hair on children should be kept short, until they are eight or nine years old—as the cooler the head is kept, the less danger there is of many maladies peculiar to that part of the body, especially water in the brain. Besides, there is good reason for believing, that most children, who have a great quantity of hair, are those most liable to eruptions; such as scald head, &c. Mothers, whose vanity may be alarmed, lest repeated cutting the hair, for so many years, should make it coarse, may be assured, they have no cause for this apprehension, provided the hair be kept constantly brushed. I have never seen softer, finer hair, than on girls who have had it kept short, like that of school boys, until they were in their tenth year."

NOSTRUMS.

As many an individual has ruined his constitution by the use of patent medicines, I wish to make a few remarks on the subject of nostrums. Great injury has resulted from the use of the many *specifics*, sold in the United States.

The love of money, prompts many men to manufacture pills, cough lozenges, &c., which are used indiscriminately, by many, to the manifest injury of their

health. Not many years have elapsed, since the celebrated Swaim's Panacea, was first used in the Northern cities. It was tried by some of the most eminent physicians in the city of Philadelphia, and as it happened to have no deleterious effects, those gentlemen prematurely recommended it to the public.

In a short time, its fame spread from Maine to Florida, and many persons fell victims to its use. After mature reflection, and more sufficient trials with the Panacea, those same medical gentlemen of Philadelphia, like true philanthropists, acknowledged that they were too hasty in recommending it to the public; and published certificates, showing that the inventor had practiced deception on the community, by recommending it to be free from any preparation of mercury, when it actually contained a large proportion of corrosive sublimate, one of the most active and dangerous preparations of mercury. Doubtless hundreds of constitutions were ruined by the use of the Panacea, before the people were aware of the danger of using it.

A few years since, anti-bilious pills were vended in our own State, as purely vegetable, and were extensively sold, before they were analyzed; but when that was done, a good portion of calomel was found in them. I could enumerate many more frauds that have been practiced upon the people, but, suffice it to say, our country is completely stocked with "Peters' Pills," "Brandreth's Pills," "Moffat's Pills and Bitters," "Spencer's Pills," and many other nostrums, recommended as specifics in almost all diseases incident to men. The mere fact of any article being puffed in all of the papers in the country, by the inventor himself, ought to be sufficient to make men distrustful of it. They should also be careful to avoid any medicine, involved in mystery.

If, indeed, an individual be so fortunate as to hit upon a compound, that is so extremely efficacious, as some of them

are purported to be, every principle of humanity calls upon him to develop it, that it may continue to benefit the human race, long after he shall have been laid in the dust. The man, however, who vends a medicine enveloped in mystery, and recommends it to be, what in reality it is not, deserves the execration of every honorable man.

Seven or eight years past, a medicine was vended in this country, purporting to have been made by a celebrated physician in Germany, when *he had actually been dead one hundred years ! ! !* An old empiric, whose nostrums are now for sale in this State, travelling through my neighborhood, three years ago, had the bare-faced effrontery to tell a brother of mine, who is a medical man, that he was a celebrated physician of whom we read, who has also been dead many years.

How long will an intelligent community suffer themselves, to be imposed upon by men so reckless as to endanger the lives of their fellow creatures for money ?—How long will the multitude delight in any thing novel, and seize upon a remedy unknown to them, and use it in their families ? I feel it my duty, to caution the public against the use of patent medicines, without the advice of a physician ; and, while on the subject of nostrums, suffer me to make a few remarks about those vile impostors who go about the country, abusing the members of the medical profession, and boasting that they can cure all diseases in a shorter time than others.

There is a certain class of human beings in the United States, who call themselves “Thompsonians,” “Steam Doctors,” “Botanic Doctors,” “Yarb Doctors,” &c., some of whom are as ignorant of the human system as a common school boy ; and in their ignorance, have doubtless hurled many a fellow mortal into a premature grave.—These *steaming machines*, are ever ready to make fair promises to cure the patient, and charge low ; and many are

so completely ignorant of what a physician should be, that they trust their lives in their hands. Many of them who have failed to make fortunes, in some other employment, have the impudence to force their vile stuff and services on the people, and afterwards make a charge. The steam practice has become so unpopular, however, that we seldom meet with one at this time, but will tell us that he pursues both the Thompsonian and the universal practice.

Our section of country is cursed with one of those worthless creatures at this time, who is riding about the country, abusing the members of the medical profession, and telling the most incredible stories about his own success, imaginable; and yet, strange as it may appear, many place confidence in his self-applauding tales. This fiend in human shape; this clerical fop; this North Carolina Paracelsus, seems to have infused his principles of quackery into the minds of almost every ignoramus in the country; so that some of them, who have inhaled the same atmosphere with him, are actually going about and offering to heal the sick, with their pockets stuffed with number six, and composition powders. That the reader may judge of the intelligence of one of his vicegerents, I will give a few specimens of his spelling the names of medicines, &c. "*Wurs*," for worse, "*red percipity*," for red precipitate, "*roses sublumut*," for corrosive sublimate, and many other words, about as badly spelled. This is only one instance, among many, of the ignorance to be found among the disciples of Thompsonianism. If any of the learned members of *steam*, should peruse my remarks in this article, and feel chagrined about them, I have not a word of consolation to offer for his wounded spirit; and I can assure him, that he has seen but the rudiments of that sarcasm, that I feel prepared to pour in torrents upon his guilty head, if he dare to assail me.

PERIODICAL BLEEDINGS.

A pernicious custom, kept up by some individuals, is that of being bled at certain seasons of the year, particularly in the spring. Many persons suppose, that when they feel in any degree unwell, they must be bled; and, as it is generally the case, that people feel dull and feeble as spring approaches, that is the season to be freely bled, by some celebrated *bleeder* in the neighborhood, who knows what state of the system requires bleeding, about as well as his horse is acquainted with the changes of the moon. Thus, they will increase that languor which they endeavor to remove; and, by contracting a habit of bleeding at certain times, become, like the toper by his morning dram, unhappy at such periods, until the blood is flowing.

I have frequently had a person to come to me in the spring, to be bled, who would say, "I know it is a bad practice, but I have followed it twenty years, and it seems like *I can't live without it.*" I usually let such an one know, that the sooner a bad practice is broken the better, by refusing to bleed, though I have often been censured for so doing. While on the subject of bleeding, I must remark, that when some disease, under which a person may labor, makes it necessary to bleed, there are no *signs* to prevent it. I have often had an individual to say to me, that he wished to be bled, but must postpone it, because the sign *was in the heart.* This is something I do not understand, as the *blood is always in the heart*, and bleeding should be done when necessary, regardless of the state of the atmosphere, the time of the year, month, or day; or *the situation of the moon.* I have also been gravely told, when about to bleed in the right arm, when there was pain in the left side, that I must not do so, for fear of *drawing the pain across the heart and producing instant death!!!* I must here say, in order

to correct the erroneous opinions that many have, with regard to the place most suitable to draw blood from, for any seated pain, that it matters but little from what part of the system blood be drawn, so that it be drawn from a vein conveniently situated for bleeding, binding up, &c. As the blood is conveyed throughout the entire system, in a few minutes, it is manifest the same quantity drawn from the foot, would relieve a pain in the head, that would have to be drawn *from some vein near the head.*

ANGER.

As the passions have considerable influence upon the human system, it will be well to make some remarks upon the same, beginning with anger. This passion, when uncontrolled, has a powerful effect on the animal economy. Anger has been known to produce severe attacks of fever, and many other diseases; and has even produced instant death. It has not been long, since a man in the city of Charleston, became so enraged at his wife, that an artery burst near the heart, causing instant death. Persons having a violent temper, should use every effort to control the same. They should carefully avoid getting into difficulties and disputes; and if any one insults them, they should go away without saying a word, particularly if a gust of anger is about to arise. I have known individuals, having as violent tempers as any, who, by untiring efforts to subdue them, have become mild in an eminent degree. A man ought to be particularly careful never to harbor resentment in his breast, against his fellow man. It renders him extremely unhappy; and, by being indulged in a great length of time, may produce severe disease. Every one should endeavor to be at peace with all mankind, and to

keep his mind calm and serene, by forgiving freely every injury he may receive, and not suffering a spirit of revenge to have a place in his breast. If he possess an irritable, or unhappy disposition in any way, he should use every exertion to subdue it; and, by all means, he should call in the aid of religion. He should often implore the Giver of all good, upon his knees, to give him fortitude to bear abuse and reproach, without resenting it with even an angry word.

FEAR.

Fear has a powerful influence in aggravating disease, or even producing it. Cases of epilepsy, chorea, and many other diseases have been known to have their origin in fear; and even death, has sometimes taken place, in consequence of fright.

We physicians, have frequent opportunities of witnessing the effect of fear upon a disease already existing.—When we have a patient, laboring under an ordinary fever, or any other complaint, in fact, whose mind is constantly depressed with fear, that he will never recover, we are sure to have much difficulty in subduing the disease, however slight the attack may have originally been. I firmly believe, that I have lost patients that I would have otherwise saved, had it not been for the constant dread of death that hung over them. Some people, very imprudently, relate circumstances, in the presence of the sick, that excites great alarm. I witnessed the direful effects of this, in a great degree, in the fall of 1841, while practicing on Rich Fork, in Davidson county, N. C. Congestive fever raged powerfully over that section of country, sweeping off the people to an extent never before known.

Sometimes, five or six deaths would occur within the sound of a trumpet, in one night. Alarm pervaded the whole community. People were seen going from house to house, in all directions, to see the sick and dying. Often would a poor patient have it sounded in his ears, perhaps half a dozen times in a day, that five or six persons were buried in one grave yard, on the previous day. Sometimes, while sitting by the bed side of a patient, some *sympathetic, compassionate being*, would step in, stand with a sorrowful look, and view the patient a few minutes, heave a deep sigh, and exclaim, "poor fellow!—he is just like Mr.— who died last night." I remember, in one instance, particularly : I went to a young lady, the third time, who had previously been in a state of despondency, whom I found much better, and she, for the first time, thought she would recover. I had been there but a few minutes, when one of her friends stepped in and remarked, in her presence, that such a one, (who lived only a quarter of a mile distant,) was dying, and the same news was brought by three or four others in half an hour. At length the trumpet began to sound, and mournfully was the sound wafted on the evening breeze, to her ear for several minutes. The poor girl, in her perfect senses, lay there and listened to the doleful sound, as it echoed among the hills, and at length exclaimed, with a deep-felt sigh—" Ah me ! is it possible that we all have to die this fall !" Her spirits sunk, and from that hour she became gradually worse, and on the third day, she was a corpse. This is a trying situation for a physician to be placed in ; but the fear of insulting others, shall never deter me again, from using every effort to prevent such imprudence.

People should always be particular to avoid relating any disagreeable circumstance, in the presence of the sick. Women in childbed, are often seriously injured by a great many females collecting in the room, and each one relating some dreadful circumstance, that had occurred to females in

labor and afterwards. Such imprudence as this, should always be avoided.

Fear has great influence upon the human system, in health as well as in disease. We have several instances on record, of persons having become gray in one night. Dr. Ewell, relates the case of Don Diego Osorious, a young Spaniard, who, for holding a private conference with a young lady, within the gardens of the King of Spain, was sentenced to die, and was so terrified at the sentence, that he turned gray in the same night.

We read of a similar circumstance, in Horry's life of General Marion, of a British soldier who ran into a swamp, and lay concealed only one night, and came out gray. I am personally acquainted with a gentleman, who, when a young man, after sitting up with the corpse of a brother, in a country far from home, was gray in the morning. The practice of attempting to frighten a person for diversion, is dangerous, and should not be indulged in by any one. Epilepsy, insanity, and other diseases, as before remarked, have arisen from severe fright; and we are informed, that numerous cases of insanity are to be found in the northern States, originating from the effects of Miller's prediction, respecting the destruction of the world, in a few months from this period, (April, 1843.)

A few years since, a student in the city of Philadelphia, was alarmed by a stratagem of his fellow students, to such a degree, that he was bereft of his reason; and the last information I had of him, he was still a maniac. He was a youth of fine intellect, and well qualified for the practice of medicine. Sudden death has also been caused, by a severe fright. I saw an account, some years since, of a young lady in the city of New York, who had never been alarmed, until some students of medicine procured a skeleton, the bones of which were all united together, by means of wire; and, having placed it within her bed cur-

tains, previous to her retiring to bed, in order to frighten her. It was so situated, that the smallest motion of the bed-stead would cause it to fall upon the bed. The young lady retired to rest, as usual; but, not appearing as soon as customary next morning, some one of the family went to her room, and, horrid to relate, she lay a ghastly corpse! The skeleton was lying across her, supposed to have fallen as she laid down. Her candle, which she was in the habit of extinguishing, after lying down, was entirely consumed, showing that death had taken place soon after she laid down. She was lying, with her eyes wide open; her teeth clenched; and her whole countenance, exhibiting one of the most awful spectacles ever beheld.

What a dreadful consequence resulting from the foolish practice of attempting to alarm others; and how much regret and sorrow it must have occasioned. I will remark, that such conduct cannot result in any possible good; and, as it may be productive of much mischief, no one should act so imprudently, especially among children; and even those foolish stories, about *witches*, *spirits*, *hobgoblins*, &c., should never be told to the young.

GRIEF.

Grief, unrestrained, is highly injurious to the mind and body. The nervous system is very much affected by it; the circulation of the blood becomes languid; the digestive powers are weakened. Hence, arise dyspepsy, affections of the liver, and various other complaints.

Those persons who cannot shed tears, when much grieved, are generally more materially injured by it than those who shed tears freely. Tears, as Dr. Ewel justly remarks, are the anodynes of grief. An individual,

in deep sorrow for the loss of a dear friend, who can shed tears in torrents, experiences much relief therefrom. A sudden burst of immoderate grief has been known to cause instant death. We read of a German Captain, by the name of Rayschachius, who, upon hearing of the death of his own son, a valiant youth who was killed in battle, fell suddenly himself, and expired.

Frequent cases of insanity, have arisen from excessive grief. In a table of M. Esquirol, in which he shows the number of cases of insanity, in the Salpetriere, in the years 1811 and 1812, specifying the causes, &c., he gives us the following statement, with regard to those cases originating from moral causes: Domestic grief, 105; disappointed love, 46; political events, 14; fanaticism, 8; fright, 38; jealousy, 18; anger, 16; reverses of fortune, 77; offended self-love, 1. Here, we see that more cases arose from grief, than any other moral cause. That humanity, which should find a repository in every breast, will cause grief to some extent, for the loss of a friend, near and dear to the heart; but this should not be indulged to an injurious extent, either in a physical or moral point of view.

Sorrow for the loss of friends, it is true, has a tendency to smoothe the asperities of our nature, and to teach us humility. Such misfortunes cause us to reflect on the frailty of human nature and the certainty of death. I am acquainted with a family, who, some years since, were spoken of as the gayest and most fashionable in the neighborhood in which they lived. Though possessing high intellectual endowments, and being in every way accomplished, it seems that they thought but little of anything but fine equipage and fashionable parties. At length, one of the young ladies married, became a mother, and in a few years, had an infant, snatched by death from her arms. She soon, thereafter, became a seeker of religion; and the result is,

that five or six of this once gay and fashionable family, are now the humble followers of Jesus Christ.

Here, grief resulted in good ; but when we indulge in sorrow, so as to injure both mind and body, we are surely guilty of an offence towards our Creator. Mothers who indulge in immoderate grief, for the loss of their infants, are ungrateful to that beneficent Being, who, in His unerring wisdom, has taken their children from a world of sorrow, to a blissful abode. Why weep because the babe has been received into glory, ere it had drunk the bitter cup of life to the dregs ? What consolation christianity affords the parent who has lost a child ! He rejoices in anticipation of meeting his infant in the realms of eternal bliss. He turns his eye from earth to Heaven, and in imagination, beholds his once prattling babe, beckoning him to Christ. Though he used every effort to save it, yet when he saw the last struggle, he was ready to cry out “Thy will, oh God ! not mine, be done !”

LOVE.

Amongst the passions of the human heart, love is the most permanent, and most powerful. True love, finds a repository only in the virtuous breast. Talk not to me of love in a vicious heart ; the base are incapable of such holy feeling. Pure love, emanated from the Creator of all good : in love, He created man in his own image, and placed him pure and holy, in the garden of Eden. In love, He gave his only son to suffer and die ; that man, who had transgressed his law, might live ; and He has implanted love deeply in the human heart, to ameliorate man's wretched condition on earth.

Some who profess to be peculiarly *smart*, who, by associating with vicious companions, especially those young

men who have never associated with any but lewd women, seem to have acquired a contempt for the whole sex; and, being incapable of love themselves, will contend that such a passion as love, does not exist. Such reasoning as they give, from such sources too, deserves no notice; and it is fortunate for virtuous females, that such beings cannot love. Genuine love, is felt only by those who are worthy of being beloved; and reciprocal love, between two lovers, surely affords more happiness on earth, than any other feeling, except man's love to his Maker.

"It is this," says an eminent writer, "which has sweetened every bitter of my life; this, has alone supported me, when the sorrows of a wounded heart wanted vent. When my best endeavors were rejected; when the sacred impulse of conscious truth was ridiculed, hissed at and despised, the tear of sorrow was ever wiped away by the gentle, tender, and affectionate address of a female mind, who has an aspect like that of unpractised virginity; which felt, and was enabled to efface each emotion, each passion, in the most concealed feature of her husband's countenance; and, by endearing means, without what the world calls beauty, always shone forth in her countenance, heavenly as an angel." Such is the language of a gentleman of high, intellectual capacity, and extensive information. One who knew, and enjoyed the happiness of loving, and being loved. No other feeling but this, should ever influence persons to marry.

The love of money, the wish to get ingratiated into popular favor; the mere wish to be a wife or husband, or any other motive but pure, disinterested love for the object, should never influence either male or female to marry. Sometimes a silly parent will say to a daughter, "you had better have him, perhaps you will never get a better chance, and you may have to live an old maid, if

you avail not yourself of this opportunity." Probably the good old mother will proceed to bring forward some *weighty arguments*. She will say, that the youth is wealthy, pretty, polite, well educated, industrious; or possesses some rare qualification. Alas! poor girl, she marries a man for whom she has no love, or even respect, to please her mother. How many unhappy couples are united to spend their days in misery, from such motives! Many beautiful young females, are doomed to spend a miserable existence, with a man twenty years her senior, by marrying him for his paltry cash! How often do we see such a lady, the victim of some wasting disease, the remainder of her life, which is apt to last but a few short years, ere she droops and dies! Such is the punishment often inflicted by a just God, upon those who act thus wantonly.

I do contend, that when any individual marries from motives of avarice, having no love for the other person, that it is sinful in a high degree; and that they are not husband and wife, in the sight of heaven. How is it possible for a man to love, cherish, and protect a female, whom he marries, when he loves another; and has no love for her he marries?

It is seldom, in my opinion, that a person thus united, to one that is not beloved, enjoys any degree of health long. Persons incapable of loving, in consequence of meanness or want of sense, may form exceptions to this rule. A man who has not sufficient mind, to appreciate a wife as he should, may marry a simpleton for her money, and pass off the time as well in her company, as he could in any other. I was once acquainted with a man, who possessed but little sound sense, with a large share of vanity and importance; yet one who was called by many, "*a smart man*;" who borrowed money, with which he purchased some property, so as to appear to be a man of some pecuniary worth, and sallied forth in quest of a rich wife.

He soon formed some intimacy with an unfortunate being, who had a good heart, but was well known to be almost an idiot, who was worth something like eight thousand dollars, (an immense fortune, in his estimation,) and soon married. Life seemed to pass off finely with this fellow, though wedded to a weak girl, whom he rendered miserable by neglect; but what still more enhanced his happiness, she in a few years sickened and died. An individual of a good mind and an honest heart, cannot anticipate happiness in marrying from any other motive than genuine love. Men of talent, it is true, have married from motives of avarice; but no happiness is ever enjoyed by such men, and they are apt to be much from home.

In conclusion, I would advise all young persons who wish to marry, to study well the human heart, and endeavor to love none but such as are worthy to be loved; but when the affections are placed upon an object, marry that object, or none. Let not the opposition—the tears and entreaties of parents or friends, influence them to act contrary to the feelings of the heart. A person should not be too hasty in marrying, but endeavor to become well acquainted with the character of the individual preferred, by consulting, if necessary, those of more mature age, and by a long acquaintance with the beloved object, previous to marriage. A virtuous couple, who have married from motives of the purest affection only, are well calculated for domestic happiness; though they may be poor, and doomed to move in the most humble walks of life.

“Love, studious how to please, improves our parts,
 With polished manners, and adorned with arts;
 It kindles all the soul with honor’s fire;
 Curbs and restrains extravagant desire,
 And to be chaste and kind does still conspire:
 A just, heroic passion, that can find
 No room in any base, degenerate mind.”—DAVID.

RELIGION.

Though some persons may be astonished, that the subject of religion should be introduced in this place, I assure the reader that religion has a powerful effect upon the health of an individual ; consequently, I think it my duty to make some remarks on the subject. When I speak of religion, I mean the pure religion of Jesus Christ ; that religion which consecrates the soul to the practice of every virtue, and breathes forth love to God and good will to man. In looking over the causes of disease, we will see that intemperance is a fruitful source of many of the diseases of our country. Religion fortifies a man against every species of intemperance ; and would, therefore, greatly lessen sickness amongst us, if it were to prevail universally. We also discover, that the mind has a powerful influence upon the animal economy ; and surely, nothing tends more to render the mind easy, under all circumstances, than religion. How often do we see a man, who has been unfortunate in business, and became involved, soon become despondent and sink under affliction. A christian is seldom so much affected with the loss of property. He does not value gold so highly as the man of the world ; but has his treasure in Heaven. If he be so unfortunate as to lose his earthly substance, he is ready to say, like the good old Quaker in Philadelphia, that he is still rich. The good old man had all his property, worth many thousands of dollars, consumed by fire, leaving him and a large family, with nothing but the clothes they wore at the time. Next morning, a friend of his, seeing him walking in the street, stepped up, and taking him by the hand, began to condole with him on his loss, saying, that he supposed all his property was destroyed. The good old Quaker replied with a smile—" Yes, it is all gone, but I am still rich. I

have endeavored to serve my God all my life, and though my property is all burnt, I am still rich." What a happy frame of mind was this to be in. How different would have been the situation of the mercenary wretch, who had pursued wealth as the chief good, regardless of his duty to God and man.

The truly good man can smile under affliction, and feel thankful to his benevolent Creator, that he is not worse ; like the good old philosopher, who fell and broke his leg, and thanked God that it was not his neck. The christian is enabled to bear with fortitude all the dispensations of Providence ; and though he may be bereft of property, wife and children, he is ready to conclude at once that it is better so than otherwise, or an all-wise Creator would not have so ordered it. His mind being thus at ease, under all difficulties, he is not so subject to disease as the man who sinks in despondency under every misfortune.

The advantages to be derived from religion, in this life alone, one would think, ought to be sufficient to induce all mankind to embrace it. It deprives us of no real pleasure on earth, but prepares us for the enjoyment of such pleasure. You generally behold the pious man calm and composed. His life glides on smooth as the unruffled stream ; though he may be surrounded with enemies, who are continually persecuting and oppressing him. If the desire to be happy in this world should be sufficient to influence us to become pious, how much more should we wish to be christians, for the sake of eternal felicity beyond the tomb.

As to myself, I have ever been a strict moralist, and for many years depended upon that morality to carry me to the realms of eternal glory. I verily thought, at times, that I was a happy man, and that it was not necessary for me to repent. This was for the want of due reflection. I would not suffer myself to think on the necessity of regeneration as I should, and viewed the professors of religion as poor,

deluded creatures, who knew not what they professed. I felt proud of that philosophy (as I was pleased to term it), that enabled me to sit under the sound of the most pathetic sermon, without evincing the least feeling; but it pleased heaven, in its mercy, to shew me my error, and to cause me, at the hour of eleven in the night, in my own chamber, while my family were sleeping, to arise from my bed, to fall upon my knees, and implore the God of heaven for mercy. That night, for the first time in my life, I knew what it was to be in favor with God; and I assure you, dear reader, that there is more real enjoyment in one hour of the converted man's life, than in the whole life of the unregenerated.

"Oh then, while penitence can fate disarm,
While lingering justice yet withholds its arm,
While heavenly patience grants the precious time,
Let the lost sinner think him of his crime;
Immediate, to the seat of mercy fly,
Nor wait to-morrow lest to-night he die."—BOYLE.

PART SECOND.

OF DISEASES GENERALLY.

INTERMITTING FEVER OR AGUE.

Symptoms.—A feeling of lassitude, frequent yawning and stretching, and pains in the back and extremities, are the first symptoms of this disease. Soon after these symptoms appear, slight sensations of cold are felt along the back, the feet and hands become cold, the patient is restless and ill, and at length, coldness extends all over the body. The skin is pale, the pulse small and frequent; a trembling of the muscles takes place, first in the jaws, and soon spreads over the system. This stage continues, from a few minutes to several hours, and is followed by the hot stage. The skin is now hot and dry, the face flushed, the pulse full and strong, thirst great, with pain in the head and back. This lasts an uncertain length of time, and is succeeded by the third, or sweating stage. The fever abates, and perspiration begins to appear; the breathing becomes free, and the sweating continues, until it ends in convalescence. The paroxysms in this disease, come on once every day; every second or third day.

Causes.—The only general cause of ague, is the miasma arising from the decomposition of vegetable matter; hence its prevalence in low, marshy districts, near large water courses, or ponds. Though the decomposition of animal and vegetable matter, be the most general cause, there are

other causes, such as intestinal worms; eating too freely; irritating articles of food, &c. I once had a son, about five years of age, who was attacked with this affection, from the effects of worms.

Treatment.—My usual plan, is to give from twenty to thirty grains of calomel, with fifteen or twenty of rhubarb, for a cathartic; after the operation of which, I administer quinine, a grain every hour; so that the patient may take seven or eight doses immediately preceding the expected paroxysm. One grain of opium, given one hour before the attack, is sometimes necessary. The quinine must be continued, from day to day, during the intermission, until the disease is arrested; the bowels being kept in a regular condition. In cases of long standing, that prove obstinate, the patient should be freely sweated, after the operation of the purgative. Dover's powder given every fourth hour in fifteen grain doses, until sweating is induced, answers well for this purpose.

To prevent a return of the disease, the patient should avoid exposure to wet and cold; use light diet, and use biters, made of wild cherry and dogwood bark; or, what is still better, he should take fifteen or twenty grains of rust of iron, three or four times a day. In cases that prove obstinate, or complicated with other diseases, a skilful physician should be called. Persons are often too careless, with regard to this affection. Though one seldom dies with this fatal disease, many constitutions are ruined, by laboring for a long time under this complaint. Enlargement of the liver, and spleen; jaundice and dropsy, often result from neglected ague.

REMITTING, OR BILIOUS FEVER.

Symptoms.—The first symptoms of bilious fever, do not differ from those in the first stage of intermitting fever.

Pains in the head, back and extremities, are among its first symptoms. As the fever comes on, the eyes acquire a yellowish tinge; the tongue becomes furred, nausea, and sometimes vomiting occur; the breathing is oppressed; the urine high colored; and the pulse full and frequent. Remissions will often take place for an indefinite period; the patient perspiring freely for a short time, and as the sweating ceases, the fever returns.

This is a brief description of the most usual form of the disease, which varies, however, very much in different individuals, and at different seasons.

Causes.—Marsh miasma, is also the principle cause of this form of fever; though worms, and whatever produces irritation in the abdominal region, tend to produce this affection.

Treatment.—In cases attended with violent pain in the head, a full, strong pulse, and intense fever, bleeding is generally necessary. Some practitioners practice bleeding to a great extent, in almost every case of bilious fever; but I am of the opinion, that much injury often results from this practice. Abstracting blood, will, as a matter of course, lessen the momentum of the circulation, and consequently, will allay, to some extent, the febrile excitement; but it strikes not at the root of the disease, and can produce temporary benefit only, while it often produces too great prostration. Emetics were much in use in this disease, some years since, by the physicians in this section of country; and some adhere closely to this plan. I confess myself somewhat sceptical with regard to this class of remedies.

Free, active vomiting will remove the offensive matter from the stomach, and relieve the patient for a season; so that we will find emetics popular among the people in any section of country. An emetic, however, does not affect the source of the disease; and in a practice of nine years, I have given but three emetics in bilious fever. Cathartics are universally used in this form of febrile disease, and with decided benefit. No article of the *Materia Medica*, has such an impression upon the disease as large doses of calomel. My plan is to administer from twenty to thirty grains of calomel, with fifteen or twenty grains of rhubarb, agreeably to the strength of the patient, and the violence of the disease. After the operation of such a dose as this, the bowels should be regulated with nitrous powders and castor oil. The formula for preparing nitrous powders you will find in the list of compounds.

I usually commence the use of this compound about 12 o'clock in the day, and give from ten to fifteen grains, once in four hours until midnight, unless they should operate as a purgative. Should the patient take all four of the doses, and no effect be produced on the bowels, by four o'clock the following morning, I give a large spoonful of castor oil, and repeat every two hours, until purging takes place. My object is to produce from two to four operations in twenty-four hours. A teaspoon full of sweet spirits of nitre, should also be given in a little cold water, every hour or two, while the fever is up, agreeably to the violence of the same; except the hour at which the nitrous powders are given. A mucilage of slippery-elm bark, should be freely used throughout the course of the fever.

Cold water and vinegar mixed, should be frequently applied to the feet, hands, arms and breast, when the fever is high, and the skin is hot and dry. Should the feet grow cold, while the fever rages, exertions should be made to warm them, by rubbing them with bran-

dy or vinegar, as hot as the skin will bear. If the disease assumes a more alarming form, or does not yield readily to the above remedies, a physician should be called in, without too much delay.

INFLAMMATORY FEVER.

Symptoms.—This complaint is attended with the highest grade of febrile excitement. It comes on suddenly, with chills, followed with high fever. The whole surface becomes exceedingly hot; the pulse full and vigorous; the face flushed; the eyes suffused and sparkling; great pain in the head; breathing hurried; thirst great; the tongue furred; the bowels torpid; the urine high-colored; and the skin hot and dry. The ears are morbidly sensible to sounds; delirium is often very violent. Remissions take place in the morning, but fever returns in the evening. This disease seldom continues more than nine days, and the symptoms often vary from the above.

Causes.—Excessive heat, great cold, sudden changes in the atmosphere, intemperance, free indulgence in high-seasoned food, a draught of cold water when the body is heated, violent passion, &c., are among the causes of inflammatory fever.

Treatment.—When the pulse is full and strong, blood should be drawn freely from a large orifice, until some impression is made upon the pulse. It answers better to draw from twelve to twenty ounces at once, than to draw that quantity at several bleedings. After bleeding, a small dose of calomel (twelve or fifteen grains,) should be given, followed in three or four hours by a dose of salts; but as I consider this a highly dangerous affection, I shall pursue the plan of treatment no further, but remark that a skilful physician, should in all cases, be called as speedily as

possible. If a physician is not convenient, the above plan might be adopted, previous to his arrival, in preference to great delay.

TYPHUS OR NERVOUS FEVER.

Symptoms.—In the first stage, the patient feels an uneasy sensation in the stomach; loss of appetite; giddiness; sickness of the stomach; the countenance is pale and dejected; the eyes heavy; hands trembling; great debility and aversion to exercise.

These symptoms continue from three to seven days, when the patient is attacked with slight chills, alternated with flashes of heat; loss of appetite entirely; tongue furred; vomiting sometimes occurs; the pulse quick and irregular; mind confused, and the physical depression very great. This stage lasts from five to twelve hours, and is followed by the stage of excitement. The fever is now high; pulse strong and full; skin parched; thirst excessive; the bowels torpid; the mind still more confused; the patient exhibits an anxious expression of countenance; is fretful and peevish; the urine is high-colored and scanty; and, occasionally, delirium occurs. About the third day of this stage, the patient is affected as with a common cold, the eyes suffused, dry cough, difficulty of breathing, &c. Pain is felt in the back and limbs, and soreness of the whole body. Towards the end of this day, the patient appears as though under the influence of a large dose of opium; the brain being much affected, the hearing dull, and delirium almost constant. The stage of excitement lasts six or seven days, and the collapse, or sinking stage follows. The fever subsides; the patient grows remarkably feeble; the pulse frequent; the tongue becomes a dark brown, and ultimately black; the lips and teeth

are covered with a dark crust; also, low muttering occurs, with constant delirium; indifference to everything present; deafness; twitching of the muscles of the face; trembling of the hands; and, in violent cases, dark spots appear on the skin. The abdomen becomes tender to the touch; the urine pale and copious, and diarrhœa often comes on.

The period of collapse, lasts from seven to nine days, and when the disease tends to a fatal termination, a torpid state supervenes, from which the patient can be aroused only a few minutes, and soon sinks to be no more resuscitated. The above is the ordinary course of the disease, though it varies very much in some individuals.

Causes.—Physicians differ in opinion with regard to the cause of typhus fever; some contending that it depends on a peculiar virus,—others being of opinion, that it may be produced by the same miasma, that produces intermittents and remittents. From the best information I can obtain, I do not doubt the possibility of this form of fever being brought on by ordinary miasma—especially in constitutions broken down by excessive drinking or debauchery, or persons laboring under mental distress.

Typhus, has also prevailed in districts, where intermittents, and remittents, were unknown. It is not doubted, by any of the profession, so far as I am able to learn, but that the disease may be generated by a species of miasma, evolved in crowded apartments, ill ventilated ships, jails, the miserable dwellings of the poor, &c.

Treatment.—In prescribing for typhus, I shall be brief, as I am aware that it is a disease, not to be successfully treated by the uninformed. I will remark, however, that in the initial stage, there will be safety in giving a teaspoon full of antimonial wine, in warm water, every fifteen minutes, until vomiting occurs, and following in a short time, with from twenty to thirty grains of calomel. This should

be done, if a physician is not convenient, until one can be procured ; but, if a physician be within ten miles, have him called, previous to administering any medicine, as the most skilful aid should be had in all cases of this kind. Being aware of the injury that might be done, by the ignorant attempting the cure of this disease, I shall not lay down a plan for treatment any further.

GLOSSITIS, OR INFLAMMATION OF THE TONGUE.

This is an unusual disease, but sometimes is very violent, beginning with a throbbing pain in the tongue, accompanied with high fever. The tongue becomes hot, red, and much swollen, so as sometimes to fill the mouth in a few hours ; breathing difficult ; a sense of suffocation is experienced, and the patient can neither speak nor swallow ; suppuration in some cases takes place. Cases have also occurred in which mortification of the tongue occurred ; and in others, the patients have died in a few hours from suffocation.

Treatment.—If the pulse be full and frequent, the patient should be bled to the extent of twelve or fifteen ounces, or more, agreeably to the violence of the disease, and the strength of the patient. The tongue must be scarified in different places, or a deep incision, an inch and a half, or two inches in length, made in the middle of the tongue. As medicines cannot be swallowed, injections should be used repeatedly, until copious discharges are procured from the bowels. A physician should always be called, if possible.

CYNONICHE TONSILLARIS, OR QUINSEY.

Symptoms.—Slight chills, succeeded in a short time with high fever, with some pain and soreness about the throat, are the first symptoms of this disease. In a short time swallowing becomes difficult; the tonsils are much swelled, and the tongue coated with a white fur, and also sometimes swollen. The face is red; the pulse full and strong; breathing difficult, and the voice whispering.—The throat, on the outside, is somewhat swollen and tender to the touch. The disease is apt to result in suppuration, in a few days, and sometimes death has occurred in a short time, by the excessive swelling closing up the air passages and producing suffocation.

Causes.—Some persons are predisposed to this affection, especially those who have had one or two attacks of the disease. The usual exciting cause is cold or damp air, applied so as to check the perspiration suddenly. Standing long, on the cold, wet ground, is a fruitful source of the disease.

Treatment.—Copious bleeding, is highly recommended, by most writers, in this affection; but I have seldom found it necessary in my practice. I am confident, that I never have failed of success in any case, and I have not bled in a solitary case, in six years past.

My ordinary plan, is to give from twenty, to twenty-five grains of calomel, and twelve or fifteen of rhubarb, immediately after being called to a patient. I have sometimes found, an emetic, beneficial—given early; but, I am not in the habit of giving an emetic, at this time. In slight cases, I apply a flannel, saturated with the volatile liniment to the throat, as soon as the purgative has any effect; and, in more violent cases, I blister that part.

As soon as the system is reduced, by the effect of the ca-

lomel, ten grains of Dover's Powder should be given every third hour, or, a teaspoonfull of sweet spirits of nitre, and antimonial wine, combined, given every fifteen minutes, with warm drinks, until sweating is produced. In the malignant form of the disease, the throat should be gargled with an infusion of Peruvian bark, in which a small quantity of alum has been dissolved. In severe cases, a physician should be called in, without delay.

PAROTITIS, OR MUMPS.

Symptoms.—Slight fever, stiffness of the jaws, with some swelling of the parotid glands, are among the first symptoms of mumps. The swelling increases slowly, until the fourth day, when it is considerable, and the part tender to the touch. Much pain is experienced, both in chewing and swallowing. Some degree of fever always exists, and the patient is very restless.

After the fourth day, the swelling of the glands begin to subside; soon after the subsidence of which, the breasts of the female, or the testicles of the male, begin to swell, and become hard. The complaint, is generally attended with little danger; but sometimes, the patient, by taking cold, causes the swelling to leave the glands, and attack the testicles; and suppuration of this part has taken place. Cases have occurred, in which the patient, by taking cold, brought on inflammation of the brain, and death has come on in a few hours.

Mumps can be propagated by contagion, and has been known to prevail as an epidemic.

Treatment.—In moderate attacks of mumps, all that is necessary, is to avoid exposure to cold, and keep the bowels open, living on light diet at the same time. When, on the

contrary, the inflammatory symptoms are violent, active bleeding should be resorted to, early in the disease.

After bleeding, an active dose of calomel, and rhubarb, must be given; after the operation of which, sweating should be produced, with Dover's powder, as directed in the preceding disease. When the swelling suddenly leaves the neck, and attacks the testicles, a blister should immediately be drawn over the parotid glands.

ACUTE GASTRITIS, OR INFLAMMATION OF THE STOMACH.

Symptoms.—Inflammation of the stomach commences, with vomiting, (sometimes at least,) and purging, with a burning pain in the inflamed part. Sometimes it begins with tenderness of the epigastrium, nausea and vomiting. The desire for cool drinks, is urgent. After vomiting, the patient experiences an abatement of the symptoms temporarily. In some cases, there is considerable difficulty of swallowing, and some difficulty of breathing, also. The brain, is often sympathetically affected, causing delirium. The patient, is low spirited and feeble; the pulse, though full at first, soon becoming quick, and tense; and, at length, so weak as scarcely to be felt. When the stomach alone is inflamed, obstinate costiveness prevails.

The skin, in this disease, is hot and dry; the tongue, sometimes clean and red; and at other times, covered with a thick white crust in the centre, with red edges. Towards the close of fatal cases, hiccough, cold extremities, faintings and delirium occur, which soon terminates in death.

Causes.—Inflammation of the stomach, is often produced by irritating substances taken into it, such as large draughts

of cold water, taken when the system is heated; stimulating drinks, &c.

The external application of cold, and suppressed habitual discharges, will produce the disease. There are other causes, such as typhus fever, &c.

Treatment.—Bleeding, in this, as in other inflammatory complaints, is highly recommended; and I doubt not the propriety of it, in some cases; but to the indiscriminate use of the lancet in this, or any other disease, I should object. When the patient is strong, and the pulse full and strong, bleeding should be practised in the early stage of the attack; but, otherwise, leeching over the stomach would be better. If leeches cannot be procured, a large blister should be drawn over the stomach, as soon as possible.

Mucilaginous drinks, such as an infusion of slippery elm bark, flax-seed, or gum arabic, should be freely used throughout. Injections should be given and repeated, to operate on the bowels. Two ounces of castor-oil, with one drachm of Venitian soap, and half a pint of flax-seed tea, would answer well for an injection.

One grain of calomel with one of opium, given three times a day, is highly recommended by some writers, and I should place confidence in the plan. A physician should be consulted in such a case as inflammation of the stomach, if convenient.

CHRONIC INFLAMMATION OF THE STOMACH.

Symptoms.—The first symptoms of this affection, are similar to those of dyspepsy, such as oppression after eating, acidity, pain in the stomach, flatulence, heartburn, &c., &c. The patient feels easy, when the stom-

ach is empty, but is apt to crave food, and to feel dull. As the disease progresses, the epigastrium becomes tender to the touch, and eventually, nausea and vomiting occur. Pain in the stomach increases, especially after eating; the patient, often complaining of a very disagreeable sensation soon after a meal; hence, the disease is often mistaken for dyspepsy.

In some cases, the patient vomits matter, resembling the white of an egg. Costiveness usually attends. The patient is low spirited, as in the acute form; the cheeks and lips red, and the tongue, also of a redish hue, and clean. In the last stage of the disease, the patient becomes greatly emaciated; a slight cough supervenes; the pulse is quick, and tense; great prostration exists; and the suffering being, at length sinks into the grave.

Causes.—This form of disease, sometimes follows the acute form; but, is generally the result of eating indigestible or irritating articles of food; drinking spirits, exposure to cold and damp air, mental distress, &c., &c.

Treatment.—The treatment of this affection depends, principally, upon proper diet. All irritating articles of food, or even solid food, must be carefully avoided. Rice, arrow-root, tapioca, sago, boiled milk, mucilaginous drinks, such as a decoction of barley, infusion of slippery-elm, and animal jellies, should be used by the patient. Cupping or leeching over the stomach would be beneficial. Pustulation, with emetic tartar, would also be proper. To relieve the distressed feeling of the stomach, two or three grains of Dover's powder may be taken at bed-time. The following mixture I have seen recommended: Balsam Copavia, one and a half drachms; powdered gum Arabic, two drachms; lemon syrup, half an ounce; water, half a pint; laudanum, thirty drops. Mix the above ingredients, and give a teaspoon-full of the mixture twice daily.

ACUTE EUTERETIS, OR INFLAMMATION OF THE INTESTINES.

Symptoms.—Uneasiness is generally first felt in the abdomen, resulting, continually, in a burning pain about the region of the navel. The pain, however, is sometimes diffused over the abdomen; at others, confined to one spot only. Costiveness, to a great degree, generally exists, and nausea and vomiting often supervenes. The tongue is dry, sometimes covered with a white fur, and at others a brown fur along the middle, with pale, red edges; thirst great; urine high-colored and scanty; skin dry and hot; breathing laborious, and the pulse small, tense and frequent.—These are among the first symptoms. In the sinking stage, the pulse grows weak—the feet and legs grow cold, and great prostration occurs. The disease is apt to terminate in gangrene. When it is about to take place, the pain subsides; the pulse sinks rapidly; the skin becomes pale; the extremities cold, and death soon closes the scene.

Causes.—Inflammation of the bowels may be produced by external injury, cold, drastic purges, hernia, an accumulation of hardened feces, &c.

Treatment.—Bleeding should be done early in this disease, and repeated agreeably to the effect produced on the pulse, and upon the disease. After bleeding, twenty grains of calomel, with ten of Dover's powder, must be given, and followed in five hours, by a dose of castor oil, if the former should not operate within that time. Should the patient continue to suffer with pain, after the operation of the calomel, a large blister should be drawn forthwith, over the affected part; and immediately after the cuticle, or thin skin is removed from the blistered surface, a poultice of light bread and sweet milk, should be applied cold, to the blistered part. Small doses of Dover's powder, say five or

six grains, may be given, once in three hours, until the pain subsides. Mucilaginous drinks must be freely used, and injections administered occasionally. It is of the deepest importance that a skilful physician should be early called in.

DYSENTERY.

Symptoms.—A sense of chilliness, weakness, nausea, want of appetite, thirst, dry skin, and pain in the bowels, are among the first symptoms of this disease. Sometimes the patient is attacked with griping, and mucous and bloody stools, without any previous symptoms. In a short time after the commencement of the disease, fever comes on, the pulse growing quick, and sometimes full.

The patient has almost a constant inclination to go to stool, but little, however, is discharged from the bowels, except mucous and blood; and these discharges have a very disagreeable smell. Towards the fatal termination of the complaint, the pulse sometimes grows better; the griping, and the desire to go to stool, remit; and the friends of the patient flatter themselves that recovery is about to take place; but soon the restlessness increases; the extremities cold; a clammy sweat breaks out; hiccup comes on, and death closes the scene.

Causes.—A cold and damp autumn following a dry, warm summer, is apt to be productive of dysentery.—The miasma producing ague also sometimes causes dysentery to prevail. The use of unripe fruit, unwholesome food, and anything of an irritating nature, taken into the stomach, is apt to produce the disease.

Treatment.—Active bleeding, according to the state of the pulse, is advised by some in this disease; but, I

have not resorted to it once, in a practice of ten years, without the loss of a single patient with dysentery; except a small child or two, that were neglected, until they were in the sinking stage of disease, before I was consulted.

Purgatives, are highly necessary in every grade of this affection. In mild cases, I have succeeded well with two table-spoonful's of castor-oil, and thirty drops of laudanum, to an adult. In more severe cases, however, I use calomel and Dover's powder, in doses of from 25 to 40 grains of the former, to 10 or 15 grains of the latter, to an adult; and doses to children, in proportion to the age.

Mucilaginous drinks, such as the infusion of slippery elm bark, or solution of gum arabic, should be used throughout the disease. Emetics, were once much used, in the management of dysentery. I do not use emetics, myself, in this complaint, but doubt not their utility, in some cases; especially, where nausea and vomiting occur. Ipecacuanha, is the article I would prefer as an emetic, as it increases, instead of impairing the tone of the stomach, as most articles used to produce vomiting, are apt to do.

Medicines, to act upon the skin, are quite essential; and Dover's powder is assuredly the best article we can use for this purpose. In very severe cases, where much disorder of the liver exists, after giving one active dose of calomel, and Dover's powder, I often give those two articles in small and repeated doses. Four or five grains of calomel, with eight or ten of Dover's powder, given every three or four hours, so as to act upon the skin, and bowels, is an excellent plan to adopt in the treatment of this affection. Should active purging, or symptoms of salivation occur, the calomel and Dover's powder must not be used any further; but, the Dover's powder, can be used alone, so as to keep up gentle

sweating throughout the whole course of the disease.—Sweating, in mild cases, can be kept up by giving sweet spirits of nitre and antimonial wine combined, in tea-spoonful doses every hour in some warm tea, such as hyssop. balm or sage. Blisters are sometimes recommended in this disease, and are necessary, when there is great pain in the bowels, accompanied with external soreness over the abdomen. When these symptoms occur, a large blister should be drawn on the abdomen; and, as soon as it is drawn sufficiently, a light wheat bread poultice, must be applied to the blistered surface. This must be repeated often, until the tenderness is removed.

With children, I have often resorted to the use of the warm bath, instead of blistering, to allay irritation of the bowels, with the happiest effect. Tonics must be given with caution, in the latter stage of this disease. If the patient, however, be very weak, after the inflammatory symptoms have been effectually subdued, the pulse feeble and slow, and all irritation allayed, the adult may take ten or fifteen drops of elixir vitriol, with two or three table-spoonfuls of cold water, three times a day, on an empty stomach. If the above plan is not likely to succeed in a few days, a physician should be called.

CHRONIC ENTERITIS, OR CHRONIC INFLAMMATION OF THE BOWELS.

Symptoms.—Pain, in this disease, is seldom felt in the bowels, except when the patient moves suddenly, coughs, sneezes, or presses on the abdomen. The system is very weak; the extremities apt to be cold; the pulse weak, except in the evening, when there is fever. The patient then complains of burning in the palms of the hands and soles of the feet, and the face is flushed.

Sometimes diarrhœa comes on, and continues throughout the whole course of the disease. The appetite is variable, and some pain is generally experienced in the stomach, soon after eating. After the disease has prevailed for a considerable length of time, the victuals pass through the stomach imperfectly digested, and the patient is reduced in flesh, greatly. The skin is of a sallow complexion; the tongue furred along the middle, but red at the edges, and the patient is fretful and easily irritated.

Causes.—Chronic inflammation of the bowels, often arises from the acute form of the disease. It is caused, also, by unwholesome and indigestible articles of food, long exposure to cold, damp air, &c.

Treatment.—A dose of castor oil should first be given in this disease, and repeated as occasion may require. Dover's powder, given two or three times a day, in five or six grain doses, is an excellent remedy to allay the irritation of the bowels and determine to the skin. Leeching the abdomen, should be practiced, if convenient. Balsam copaiva, spirits of turpentine, sulphate of zinc, and some other articles, are recommended by medical writers. The diet should be of the mildest kind, such as arrow-root, rice, boiled milk not thickened, barley properly prepared, oatmeal gruel, sago, tapioca, &c.

ACUTE INFLAMMATION OF THE PERITONÆUM.

Symptoms.—Acute inflammation of the Peritonæum, or the membrane that lines the abdomen, is often characterized by the following symptoms: weakness, slight chills, with alternate flashes of heat, pain in the joints, and headache. Acute pain is generally felt in the abdomen, more particularly after the fever comes on, when it comes on with much violence, causing intense agony. The abdomen is

extremely tender to the touch; the bowels constipated; the tongue covered with a whitish fur, and moist; the pulse quick and tense. Nausea and vomiting often occur.

The features are expressive of great anxiety, and the skin generally pale. In the course of a day or two, the abdomen becomes swelled, tense and elastic; the breathing is difficult; partial, and sometimes complete suppression of urine, &c. This affection generally lasts only six or seven days, when it either terminates in death or in resolution.

Causes.—Over exertion in lifting, running, leaping, or any violent exercise, may produce this disease. Sudden suppression of the perspiration from cold, wet feet, and parturition, may also cause it.

Treatment.—Blood letting is recommended by medical writers generally in this affection; but I have never resorted to it, and my success in inflammation of the peritonæum has been entire, except in a single case, where mortification had taken place, previous to my being called.

Leeching the abdomen is very proper.

I generally give from twenty-five to forty grains of calomel, with from ten to twenty of jalap, agreeably to the violence of the disease, and the strength of the patient. At the same time, if the abdomen be very tender to the touch, a blister should be drawn on that part. A light wheat bread poultice applied over the blistered surface, is also of benefit. After an active effect on the bowels, from a dose of the above kind, the bowels should be regulated, by giving three or four doses of calomel and Dover's powder; four grains of the former, with seven or eight of the latter, given three or four hours apart, every day.

It is highly important that a gentle sweating should be kept up during the whole course of the disease. If calomel and Dover's powder, given as above directed, does not answer to produce three or four stools per day, castor-oil

should be given, so as to produce that effect. A free use of flax-seed tea, or mucilage of gum-arabic, or slippery elm bark, is of vast importance; and if difficulty in making water takes place, a tea-spoonful of spirits of nitre, should be added to the mucilage, and taken every hour, until that symptom is removed. Light diet should be the only kind used, throughout the disease.

If this plan fail of success, call a physician; in fact, if one be in any degree convenient, he should by all means be called in at the onset.

CHRONIC INFLAMMATION OF THE PERITONÆUM.

Symptoms.—Tenderness of the abdomen also takes place in this complaint. No acute pain is felt. The lower part of the abdomen is generally tender to the touch, and by placing the hand on the part, you will find the skin loose: but the Peritonæum, or lining of the abdomen, will be distinctly felt, like a bandage drawn tight beneath the skin and muscles. The patient will sometimes tell you, that he feels a ball rolling about within the abdomen. Costiveness usually prevails. The skin is pale, with the exception of some fever sometimes occurring in the evening.

Causes.—This form of inflammation often follows the acute form of the disease, and sometimes is the consequence of acute inflammation of the bowels. Injuries received on the abdomen, obstinate costiveness, torpid liver, cold, &c., are causes also.

Treatment.—This affection has been cured without much difficulty when taken early, though considered by some medical men incurable. I have generally been successful in the few cases that have occurred in my practice.

Leeching the abdomen is a good remedy. After leech-

ing, a blister should be applied to the part, and if it be not convenient to apply leeches, a blister should be drawn at all events. Pustulation with tartar emetic ointment, is decidedly better than blistering with the Spanish Fly. Frictions with mercurial ointment, is highly recommended.—The bowels should be acted upon, by giving from three to five or six Cook's Pills every second or third night, during the first ten days; but afterwards the following mixture would answer very well to regulate the bowels: Cream of tartar, three ounces; powdered squills, two drachms; powdered sulphate of potash, four drachms; emetic tartar, four grains; mix. Take half an ounce three times a day. Ten or twelve grains of Dover's powder should be given at bed time every night. If this plan does not promise success in a few days, a physician should be called.

ACUTE HEPATITIS, OR INFLAMMATION OF THE LIVER.

Symptoms.—The patient feels a tightness across the breast, or rather the right side, accompanied with pain, which sometimes extends to the left side, and generally to the top of the shoulder. The breathing is difficult, which is greatly increased by lying on the left side.—Sometimes the patient cannot lie upon that side for one minute, though I have met with one case in which the patient could rest better upon the left side, than the right. At first a dry cough attends the case, but after some days shall have elapsed, expectoration comes on—the patient throwing up considerable matter, especially in the morning. The skin and whites of the eyes assume a yellow hue, and the urine a deep yellow color. The pulse is full and quick, the tongue covered with a brown

fur, and the skin hot and dry. Sometimes bilious vomiting occurs, and though costiveness generally attends, instances happen in which the patient is troubled with a severe diarrhœa. The above are generally the principal symptoms of acute inflammation of the liver.

Causes.—Inflammation of the liver, prevails mostly in warm climates, during seasons of the year when sudden changes take place in the weather. Cold operating on the system, is the most prolific source of the disease, but there is no doubt that marsh miasma often assists in producing it. A large draught of cold water, when the patient is extremely warm, violent exercise, severe blows on the right side, melancholy, &c., are also among the causes of this painful affection.

Treatment.—Active bleeding is recommended by nearly all writers on this complaint. I have rarely resorted to it, and have not lost a patient with disease of the liver, unaccompanied with other diseases. My usual plan is to give from twenty-five to forty grains of calomel, with from ten to twenty of rhubarb, in the first stage of the disease. After the operation of the calomel, give spirits of nitre and antimonial wine, mixed in equal quantities, a tea-spoonful every hour, with the use of warm hyssop tea between the doses, until five or six doses of medicine be given. Tartar emetic ointment, should be rubbed upon the painful part two or three times a day, until pustules appear.

After the sweating is completed, eight or ten grains of calomel, with the same quantity of Dover's powder, should be taken twice every day or two, agreeably to the violence of the disease and strength of the patient, until the fever and pain is allayed. Sometimes I have used Cook's pills after one active dose of calomel with good effect, by giving from three to five every other night, for some days. In severe cases, it is sometimes necessary to pro-

duce salivation. I have resorted to this in a few cases, with good effect. I have also in some cases given the blue mass in common size pills, one every night for several days in succession, without producing the slightest salivation, and succeeded well.

The above treatment should not be depended upon exceeding ten days, without the advice of a physician, unless the effect of the plan is such as to promise a speedy cure. If the case be very violent at first, no unskilful person should attempt the cure; but a good physician be immediately consulted.

CHRONIC HEPATITIS, OR CHRONIC INFLAMMATION OF THE LIVER.

Symptoms.—Sometimes dyspepsy is the first symptom of this disease. The patient however will in many cases complain of dull pain in the right side. The appetite is apt to be variable, sometimes being very good, at others totally gone. Colic is apt to be experienced often, and occasionally nausea and vomiting. The skin and whites of the eyes are affected as in the acute form of the disease.

The tongue is generally dry, and covered with a white fur; the urine high colored, the taste bitter and disagreeable, and the skin very dry. The patient has some difficulty in breathing, and a short dry cough. Fever generally occurs towards evening, burning sensation in the palms of the hands, and soles of the feet; and great emaciation takes place towards the fatal termination of the disease.

Causes.—This form of inflammation often occurs, as the sequel of the acute form, but it is more generally produced by the same causes that bring on the acute form. Persons living in marshy districts, especially those who have had frequent attacks of intermitting or remitting fever, are subject to this form of hepatic derangement.

Treatment.—In this form of inflammation of the liver, I have found the blue pill to answer my purpose better than any other remedy. I give four or five grains of the blue pill every night, and continue the use of them until the disease is subdued, or soreness of the gums takes place. Should the latter take place, the pill must be omitted for a few days, until the effects subside, and then given again, so as to keep up a gentle ptyalism some days. In cases attended with much pain, especially if irritation of the bowels exists, combine one grain of extract of henbane, with four or five of blue mass, for a dose every night at bed time. Conjointly with this treatment, I sometimes give ten drops of nitric acid properly diluted, morning and noon, before eating.

When the tongue is very much furred, the appetite lost, and a disagreeable bitter taste, an active dose of calomel had best be given previous to the use of the blue pill. In cases attended with little pain and no fever, it will be sufficient to keep the bowels regular, with Cook's pills; and give the nitric acid three times daily. Pustulations, with tartar emetic, must be resorted to, over the region of the liver. If this plan does not succeed in a short time, apply to some skilful physician.

SPLENITIS, OR INFLAMMATION OF THE SPLEEN.

Symptoms.—In this affection, pain is felt in the left side, with swelling, caused by the enlargement of the spleen. The skin and eyes assume a yellowish hue, as in inflammation of the liver, and the urine is also tinged with bile. The patient experiences a burning sensation in the stomach, with nausea and sometimes vomiting. Frequent giddiness attends the disease. It is with difficulty the patient can lie upon the left side.

Causes.—This disease is generally the result of intermittents; but I have known a few cases in individuals, who were never affected with the ague, and those cases seemed to be the result of cold.

Treatment.—This affection is generally easily managed, if taken in the early stage; but by long neglect, becomes sometimes quite difficult of management. When the disease is of the acute form, the patient should be bled, provided the pulse be full, strong, and frequent. He should then take an active dose of calomel and rheubarb. Pustulation, with tartar emetic ointment over the spleen, would be proper. After free purging, the patient must be carried through a complete sweat, by giving from ten to twenty grains of Dover's powder, and repeating it every fourth hour until sweating is produced; allowing a free use of warm hyssop or balm tea, between the doses of powders. In the chronic form, I have sometimes found it necessary to give the blue pill, with the extract of henbane, as prescribed under the head of chronic inflammation of the liver. Mucilage of gum arabic or flax-seed tea, ought to be freely used. In slight cases of chronic enlargement of the spleen, I have succeeded well by giving one grain per day, dissolved in a quart of water, and used in the course of the day, together with mucilaginous drinks.

HYDROCEPHALUS, OR DROPSY OF THE BRAIN.

Symptoms.—This disease, which prevails principally in childhood, often comes on many days, or even weeks, by degrees, before it is fully developed. The child becomes fretful; sleeps but little; starts up suddenly, when asleep, and screams as though in great pain, or much frightened. The patient seems averse to having a lighted candle brought near it, and even the light of a door or window seems to be very disagreeable to it.

In the second, or inflammatory stage of the complaint, acute pain is occasionally felt in the head; the patient becomes more restless; the pulse is quick and tense; a circumscribed redness appears on one or both cheeks, and the eyes are generally half shut. The pain in the head becomes more and more severe, as the disease advances; vomiting ensues; the arms are thrown about the head; the patient sighs frequently, and towards the latter stage of the complaint delirium occurs. The tongue is covered with a white fur; the skin hot and dry. After these symptoms continue for an indefinite period, the last stage comes on. The patient is now constantly delirious; a profound stupor takes place; no notice is taken of anything by the sufferer; the eyes are suffused and red, and generally turned up under the lids. These are the most ordinary symptoms of dropsy of the brain, but the disease varies very much.

Causes.—This affection is sometimes hereditary, as entire families have been known to die with it. The exciting causes are falls, blows, or any accidental injury of the head; suppression of habitual discharges; intense study; dentition; the excessive use of spirits; worms; cold, or whatever causes a determination of blood to the brain.

Treatment.—In the early stage of the disease, active purging should be resorted to; though eminent medical writers recommend small and repeated doses of calomel, so as to act gently upon the bowels. I prefer giving one active dose, of from twelve to forty grains, agreeably to the age and strength of the patient. I seldom give less than ten or twelve grains to a child six months old. After free purging, at the commencement, four or five grains of calomel should be given every night to a child four years old, and castor oil next morning, so as to keep up a regular action of the bowels, until the discharges assume a healthy appear-

ance, and the violence of the disease is subdued. A blister should be early drawn on the back of the neck, the feet kept warm, and cold applications kept to the head. When the heat is great about the head, and the skin dry, ice should be put into a bladder, bound on to the head, and suffered to remain until it melts; this should be repeated as long as the skin is above the natural temperament, and perfectly dry. If ice cannot be procured, cold water must be used freely, as a substitute. As this is a highly dangerous affection, a physician should by all means be consulted at an early hour.

PNEUMONIA, OR INFLAMMATION OF THE LUNGS OR PLEURA.

Pneumonia is a term used for either pleurisy or inflammation of the lungs, and some writers even include acute inflammation of the windpipe. I shall first speak of

PLEURISY.

Symptoms.—This is characterised by a violent pain in one side of the chest, more generally on the left side. The breathing is very much oppressed, especially when the patient lies on the side affected, and a full inspiration greatly increases the pain. A cough attends, and matter is thrown up almost without color. A deep red flush is on one or both cheeks; the tongue covered with a white fur; the pulse is full and frequent; the urine very scanty and deep colored, and the skin hot and dry.

Causes.—The effect of cold, acting upon the system, is the most frequent cause of pleurisy. It sometimes arises from rheumatism, gout, and erysipelas, by either of those diseases being translated from some other part, to the pleura or lining of the chest. I have met with no case of pleuri-

sy, but had its origin from cold ; and it is apt to prevail, in our section of country, in the latter part of winter and the first two months of spring. Our country has been much visited by it for two or three years past.

Treatment.—Bleeding appears to be the first step recommended by medical men in pleurisy. When the pulse is full and strong, bleeding would assuredly be proper, but this is not invariably the case. In all the cases of pleurisy that have come under my care, for three years past, (perhaps near one hundred cases,) I have not found a pulse to indicate bleeding but once ; and have not bled in but one solitary case. Two or three patients had been bled, previous to my attendance. If the pulse does not justify bleeding, a full dose of calomel should be given, and a large blister plaster applied over the painful part.

Some prefer to omit blistering until the system is reduced ; but I have not seen the impropriety of immediate blistering. After the operation of the calomel, sweating should be induced, by giving from fifteen to twenty grains of Dover's powder, four hours apart, until sweating takes place ; allowing the use of some warm tea between the doses. The bowels should be kept regular, after the purging, with small doses of calomel and Dover's powder. My plan is to give about five grains of each, at twelve o'clock in the day, and repeat every four hours, until four doses be given, and work them off the following morning with castor oil, unless sufficient effect be produced without. Should active purging, however, take place before the four doses be taken, the medicine must be stopped.

Honey of squills should be used in teaspoon-full doses occasionally, or some one of the cough mixtures, mentioned under the head of compounds ; so as to produce free expectoration—and flax-seed tea must also be freely used throughout the whole course of the disease. It is sometimes necessary to apply blisters to the ankles and wrists,

in the last stage of the disease, to keep the patient from sinking. Tonics are not much used in pleurisy, but I often make use of elixir vitriol, after the disease is entirely subdued, and the patient left weak. Ten or fifteen drops can be given, three times a day, before eating. If the foregoing plan does not promise success in a few days, a skilful physician ought to be consulted.

INFLAMMATION OF THE LUNGS.

Symptoms.—The symptoms of this malady are nearly the same as in pleurisy. The matter expectorated, is apt to be streaked with blood, and sometimes it is almost entirely blood. Pain is more likely to be experienced about the breast-bone and shoulder, in this disease, than in pleurisy.

Causes.—Inflammation of the lungs is produced by the same causes, generally, that produce pleurisy. Other causes, such as loud singing or speaking, and playing on wind instruments, are apt to produce this disease.

Treatment.—Similar treatment to that laid down under the head of pleurisy, generally answers very well in this affection. Bleeding, though so highly recommended by eminent writers, I have not resorted to, in a case of this affection, for five years past, and my success has been entire, with the exception of an aged man, with a broken-down constitution. This disease has prevailed to an alarming extent, in some parts of North Carolina, during the two past winters, 1842—3 and '4. It has proved quite fatal in some parts of an adjoining county, where it has been called "*Pneumonia*," "*Neumonis*," "*Tyler gripp*," "*That 'ar new complaint*," &c., &c.

There is a Thompsonian, Homœopathic, Botanic *yarb* and *mercury* animal, calling himself *doctor*, going about telling the people that pneumonia is a strange disease, not to be found described in any of the medical books; and a disease that *common doctors* know nothing about, until

he has actually induced some people to believe that it was never before known. A portion of the community, are so completely infatuated by listening to this self-important clerical fop, that I do not know but many a poor fellow, if he were attacked with pneumonia, and knew that he could not avail himself of the services of this *steam engine*, would forthwith give his family directions about his burial, and yield himself up to his fate. How little does it become one who professes to be the humble follower of the Lamb of God, and one who spouts forth divine doctrine from the sacred desk, to practice such deception upon those whom he professes to teach.

My plan in this affection, is similar to that laid down under the head of pleurisy.

In blistering, the plaster should be large, and applied immediately over the part that is painful. Expectorants are of infinite importance in inflammation of the lungs. Equal quantities of honey of squills and paregoric, given in tea-spoonful doses, once in three or four hours, answers very well as an expectorant. It is highly important that the patient be kept in a room of equable temperature, and the skin be kept gently moist, throughout the whole course of the disease.

CYNANCHE TRACHEALIS, OR CROUP.

Symptoms.—This disease sometimes comes on suddenly, assuming the utmost degree of violence in a few hours; at other times, it will creep on insidiously, appearing like a common catarrh or cold, for many days before any severe symptoms are developed. The breathing is somewhat depressed; the patient is hoarse, and has a dry

cough in the commencement of the disease. Sooner or later, from a few hours to several days after the first symptoms make their appearance, the breathing becomes extremely laborious; fever comes on, and soon rises to a great height; the face is flushed; the skin dry and hot; and the pulse is full and frequent.

If the disease be not checked in its course, it soon assumes a most dangerous aspect; the little sufferer becoming speechless; throwing back its head; opening its mouth, and exhibiting the utmost degree of suffering.—At this stage of the disease, the patient is remarkably restless, changing its position often; extending its little hands alternately to father and mother, casting an imploring look at each, as though it were begging for assistance; and its countenance expressive of the deepest anxiety. Large drops of sweat stand over the surface; the lower extremities grow cold; the pulse becomes feeble and irregular; and in a short time, the little creature closes its eyes in death.

Causes.—Some children seem predisposed to croup—whole families having been known to become affected with it when young.

Children from one to five years of age, are most liable to it; though infants only a few weeks old, and grown persons, have been known to be attacked with it. Cold is the general exciting cause of this affection, and it is most apt to occur in the variable seasons of autumn and spring.

Treatment.—In extremely violent attacks of croup, it is sometimes necessary to bleed; though in the majority of cases, bleeding can be very well dispensed with. From fifteen to forty grains of calomel should be given as soon as practicable, after the commencement of the disease. I have sometimes derived much benefit from combining

half a grain of tartar emetic with the calomel, so as to produce vomiting and purging also.

If the calomel fail to operate, in four hours, from a tea-spoonful to a table-spoonful of sweet oil must be given, and repeated every hour, until an effect is produced on the bowels. The patient must be put into a warm bath, up to the neck, in the first stage of the complaint. A piece of flannel, wet with spirits of turpentine, should be kept constantly applied to the throat. In very violent cases, blistering is recommended, but I have never resorted to it. I have derived benefit from the application of a plaster to the upper part of the chest, made of snuff mixed with lard.

After the operation of an active dose of calomel, the bowels must be kept open by giving four or five grains of calomel, with two or three of ipecacuanha, once in three, four, or five hours, agreeably to the effect produced. The skin should be kept gently moist, by giving from fifteen to forty drops of spirits of nitre, every hour or two, in warm hyssop or balm tea. Permit me, in conclusion, to caution the reader against the practice of giving too many articles recommended for croup, as I am apprehensive that I have lost two or three patients, in consequence of the friends of the child, in their anxiety and alarm, giving articles, while the patient was under my plan of treatment. Croup is an alarming affection; yet, if taken in the initial or forming stage, can generally be controlled. Should any case, however, under the care of a private individual, fail to give way, to some extent, in a few hours, a good physician should be called without delay.

ACUTE BRONCHITIS, OR INFLAMMATION OF THE BRONCHIA.

Symptoms.—This affection generally begins like an ordinary cold, with a sense of chilliness, a slight cough, and oppression of the chest. Little or no pain is felt in the breast. Some fever generally comes on, but is often quite moderate. As the disease advances, the oppression increases; anxiety is depicted on the countenance; hoarseness takes place; the breathing is quite difficult, and accompanied with wheezing.

The cough which at first was dry, is eventually accompanied by free expectoration, the patient throwing up matter resembling, at first, the white of an egg; but changing, as resolution is about to take place, into a yellowish, thick matter. The tongue is covered with a white fur—the pulse frequent and tense, and the skin, on the upper part of the body, generally hot and dry, though the feet and hands are often cold. This is a highly dangerous affection, and if it be not checked soon, will sometimes prove fatal in three or four days. Children and old people are most liable to this complaint.

Cause.—Cold operating on the system, checking suddenly the perspiration, is generally the cause of this malady. It is apt to prevail in autumn and winter, and is most prevalent in cold, damp countries.

Treatment.—The bowels, in this affection, must be kept gently open, with senna or castor oil; but generally active cathartics are unnecessary. Sometimes, however, it is best to give twenty or twenty-five grains of calomel, with ten grains of Dover's powder, and work it off in five or six hours with castor oil; this is particularly necessary in cases attended with much fever, or a bilious stomach. The skin must be kept moist, by giving four or five grains of Dover's powder, once in four or five hours, when there is but little

fever; or sweet spirits of nitre, in doses of a tea-spoonful every hour or two, when there is much fever. An emetic given soon after the operation of the calomel, is very essential, and should be repeated occasionally, as long as there is much difficulty of breathing, and a collection of much matter in the windpipe.

Pustulation, or blisters, should be kept up with tartar emetic ointment, over the greater part of the breast, throughout the whole course of the disease; and in severe cases, a seton must be introduced, immediately over the space between the shoulders. If the disease cannot be checked in its course, in a few days, a skilful physician should be called without delay.

PHTHISIS PULMONALIS, OR CONSUMPTION.

Symptoms.—A slight tickling cough and oppressed breathing, are generally the first symptoms of this dreadful disease. Sooner or later pain is felt in the chest—the breathing becomes more and more difficult—the cough much more violent—the debility extreme, and emaciation proceeds rapidly. As the disease advances, the cheeks become flushed with a circumscribed red spot in the evening of each day; the breathing is short—the pulse feeble and frequent; the palms of the hands, and soles of the feet are hot, until towards midnight, when a profuse colliquative sweat comes on and continues until morning, when the patient finds himself remarkably languid. The cough at this stage of the complaint, is frequent and harrassing; the expectoration copious, the patient throwing up large quantities of pus. The left side of the chest sometimes sinks, so as to be an inch lower than the other side. The countenance exhibits marks of anxiety and distress, though the eye retains its brilliancy.

The complexion is pale, except during the evening, when the hectic flush is on the cheeks. Towards a fatal termination, a colliquative diarrhœa comes on, which soon puts an end to the patient's sufferings.

Causes.—A predisposition to consumption exists in some persons from infancy. Individuals with flat breasts, long necks, high shoulders, light hair and fair complexions, are said to be most liable to this disease; but a large majority of the patients that have come under my own observation, had black hair and dark skins.

Neglected colds, intemperance, sedentary occupations—particularly those of tailors, shoemakers, and clerks—excessive venery, midnight debaucheries, and the depressing passions, are among the exciting causes of this disease.

Treatment.—It is with a full conviction of the inefficiency of medical treatment, in this truly formidable disease, that I attempt to lay down a plan of treatment; but when I cast my eyes around me, and behold the most noble, and highly intellectual of our youths, falling early victims to it, I feel constrained to offer a few remarks with regard to the treatment.

But a few years have elapsed since I followed to the tomb one of the earliest friends of my youth; one who stood high as a youth of talent, honor and virtue; one who might, with proper cultivation, have shone as a brilliant star in the political horizon; who fell like a blighted flower, nipt by an untimely frost, the victim of consumption.

Could I, with my feeble pen, be instrumental in snatching one such youth from an early grave, the recollection of such an event, would afford me more genuine satisfaction, than all the wealth of this earth.

Bleeding, in this affection, was once much resorted to by physicians in this section of country, and is yet the practice of many. I shall assume the privilege of con-

demning the practice in a general point of view; in fact, I never met with a case in which I considered it advisable to bleed to the smallest extent. The pulse, it is true, is quick and tense; but an attempt to reduce it by direct depletion, is perfectly absurd, as the experience of many eminent physicians has fully proven. Copious abstractions of blood often repeated, serve but to increase rapidly that debility under which the patient already labors; and instead of alleviating his sufferings in the smallest degree, only tend to precipitate him into the grave.

The physician will resort to copious bleeding once, and finding the pulse still remain quick and tense, he will repeat it. Thus he will go on, bleeding from time to time, until his patient is reduced to that degree that he cannot walk across the room, and the desired effect upon the pulse will not have been accomplished. The system is excitable and irritable, and something ought to be done to reduce the velocity of the circulation, without direct depletion.

Digitalis, or fox-glove, has long been the *sine qua non* to effect this, and answers the purpose admirably. The tincture of this article has had a good effect in my hands.— From 10 to 40 drops may be given three times daily. The safe plan is to commence with ten drops, and increase two drops every day up to forty, unless unfavorable symptoms are produced. If, however, as you increase it, giddiness, dimness of sight, nausea, tremors, or any unfavorable symptoms occur, you must decrease gradually, until such symptoms cease.

Flannel should be constantly worn next to the skin in this affection, and gentle diaphoresis or sweating ought to be kept up. One ounce of gum arabic, dissolved in one quart of water, to which is afterwards added one grain of tartar emetic, answers well for this purpose. This quantity must be taken in divided doses every day. External irritating applications I consider of infinite importance in

this complaint. It is truly astonishing how much this is neglected by the physicians of our country.

Counter irritation, by any means, I would consider beneficial to some extent, but pustulation with tartar emetic, and setons the most advantageous. The ointment should be rubbed over the chest, three times daily, until pustules are brought out over the larger portion of the breast. At the same time a seton must be introduced over the spine, as near the lungs as practicable. Both of these ought to be repeated, as often as necessary, to keep up the irritation. Expectorants may be used with advantage, and any of the cough mixtures mentioned in this work would answer.

I will now speak of those things which I consider of more importance in consumption than medicine, viz: diet, air and exercise. Without attention to these, no cure can possibly be performed. A mild, unirritating diet ought to be observed throughout. Milk, rice, rye-mush, crackers, ripe fruit, &c., may be freely used. All stimulating drinks ought to be carefully avoided. Meat, coffee, and tea are all improper for a consumptive.

A warm, genial climate should be sought. I have seen two or three individuals, who resided in some of the Northern States, who had been attacked with consumption, and by spending three or four years in Florida, were restored to perfect health; and a gentleman from Massachusetts, stayed a day or two with me, in the winter of 1843, who informed me that he had been low in consumption, but by pursuing a similar course to that which I have laid down, and spending three years in Florida and Georgia, he was restored to good health.

Many persons who go South, when they are affected with this disease, wait too long. I believe that some cases are aggravated by a residence in a warm climate, in the last stage of the disease. When a man is attacked with consumption, he should fly to the South without delay.

Exercise on horseback or in a carriage, when the weather is mild, would be good. Sailing in a steamboat, or travelling by railroad would also be proper; but a voyage on sea, in a mild climate, would be still better.

YELLOW FEVER.

When treating on fevers generally, I thought I would omit this dangerous affection entirely; but after more mature reflection, I have concluded that a description of the various symptoms attending yellow fever, might enable my readers to distinguish it from other diseases, and cause any one in whose family a case may occur, to seek medical aid at an early hour.

Symptoms.—It generally begins with pain in the back and extremities, giddiness of the head, extreme weakness, chills and nausea. After a few hours have elapsed, high fever comes on, accompanied with redness of the eyes, hot and dry skin—the face flushes—excessive thirst—violent headache—pain greatly increased in the extremities, and a feeling of great weight in the stomach. In the course of twenty-four hours from the attack, vomiting is apt to take place. No fluid can be taken without producing excessive vomiting. Bilious matter is thrown up in abundance, from a yellowish to a dark green color. The countenance now exhibits the utmost distress; great tenderness is experienced over the stomach, and delirium is apt to come on. An attack of this kind generally continues from twenty-four to forty-eight hours, when a remission takes place in the fever, and almost every symptom, except the sickness and vomiting. The pulse becomes natural, the skin moist and soft, and the patient becomes so easy that his friends flatter themselves that he is much better; but alas! this state lasts but a few hours, when all the symptoms return with increased violence. The pain and heat in the stomach is distress-

ing, and the vomiting almost incessant, the patient throwing up a dark matter resembling coffee-grounds. The thirst is intolerable, and everything taken into the stomach is immediately rejected. This stage lasts from twelve to thirty-six hours, and is followed by the last stage. The skin becomes quite yellow, and also the whites of the eyes. In the last stage the pulse sinks—becomes slow and feeble; the vomiting is almost constant—the extremities become cold, and covered with a clammy sweat, and the countenance expressive of the deepest distress.

Diarrhœa generally comes on in this stage of yellow fever, the discharges being of a dark green color. The skin is of a yellow color—the delirium increases, and soon death closes the scene.

Causes.—Much has been said, by the medical world, respecting the cause of this fatal malady; some contending that it is strictly contagious—others that it is of miasmatic origin. Reason is on the side of the latter opinion. In whatever city yellow fever has prevailed, in the United States, it has universally been the worst in the filthy, and low, damp parts of the city. It appears from the best testimony, that in low, damp situations, and in places where much filth is to be found, the disease is apt to prevail more generally; and when a case does occur in any part of a town that is dry and cleanly, it is comparatively mild; so that the citizens of large towns should be careful to keep the streets clean.

Treatment.—Much difference of opinion exists among medical men respecting the treatment of this formidable disease. Some advise the most prompt and energetic treatment, while others recommend the mildest treatment. As the disease assumes at one time, quite a mild form—at others a highly dangerous grade, it is evident that the treatment should vary, to suit the form of the complaint. When the fever is high—the pulse is full and frequent, and all

the symptoms of an aggravated form, profuse bleeding should at once be resorted to. As high as fifty, or even sixty ounces of blood has been drawn. No invariable rule, however, should be practiced with regard to the quantity drawn; but it should be in proportion to the strength of the patient and the violence of the disease. The blood should be suffered to flow until a decided impression be made on the pulse. Bleeding should be practiced in the early stage of the disease.

Purgatives are highly beneficial in yellow fever, and amongst them calomel stands the highest. From twenty to thirty grains should be given in the onset of the disease, and repeated in four hours; and if both should not affect the bowels in four hours after the exhibition of the last dose, castor oil, or an injection, should be used to assist the operation. The above are the first steps to be taken in yellow fever; and as it is an extremely dangerous affection, a physician should be called previous to taking further steps.

NEPHRITIS, OR INFLAMMATION OF THE KIDNIES.

Symptoms.—Slight chills, with flashes of heat, sometimes ushers in this disease. An acute pain is felt in the region of the kidneys; sometimes on one side only, and sometimes on both. Bending the body in any direction, so as to shock the system, increases the intensity of the pain very much. The pain often darts down the urethra towards the testicles, which are sometimes drawn up; but if one kidney alone be affected, the testicle on that side only will be drawn up.

A sense of numbness is experienced in the thighs. The bowels are generally in a state of constipation; the urine high-colored and often mixed with blood. When both of

the kidneys are affected, the urine is very often entirely suppressed. The pulse is full and frequent, and the skin hot and dry.

Causes.—Cold is the most frequent cause of this complaint. It sometimes arises from causes acting directly upon the kidneys, such as irritating diuretics, gravel, bruises, strains by lifting heavy burdens, wrestling, jumping, &c.

Treatment.—Prompt bleeding is generally necessary in this disease. If the pain be severe, and the pulse full and frequent, blood must be drawn in the early stage of the disease, so as to make a decided impression on the pulse. A poultice of flaxseed must be applied over the kidneys, warm; and if relief be not afforded in a short time, the poultice must be renewed, and cupping resorted to in that part.

Immediately after bleeding, a good dose of calomel and rhubarb must be given, followed in the course of five or six hours with a dose of castor oil, if necessary, so as to operate with activity upon the bowels. The bowels must afterwards be kept in a loose condition, by giving castor oil in quantity and frequency sufficient to produce that effect.—After the system has been reduced, by bleeding and active purging, sweating is necessary, and can be produced by giving one or two doses of Dover's powder, (fifteen grains for a dose,) four hours apart; or a tea-spoonful of spirits of nitre and antimonial wine, combined equally, and repeating the dose every hour until five or six doses shall have been taken; promoting the effect by giving warm hyssop or balm tea freely, between the doses of medicine. A free use of mucilaginous drinks, throughout the whole course of treatment, is very essential. The mucilage of gum arabic, or slippery elm bark, will answer well for this purpose. Light and cooling diet must be strictly observed; avoiding meat, coffee, and every article of diet, heating, or stimulating in the smallest degree.

CYSTITIS, OR INFLAMMATION OF THE BLADDER.

Symptoms.—Extreme burning pain is felt in the region of the bladder; difficulty of making water, and what passes off is frequently tinged with blood. The bowels are in a state of obstinate constipation; the pulse is full and frequent, and the skin hot and dry. The patient complains of much soreness over the region of the bladder, when pressure is made thereon. The thirst is urgent in the extreme, nausea and vomiting are apt to occur, and after the disease has existed for some time, swelling is apt to take place, over the region of the bladder, and sometimes it extends as far as the thighs.

Causes.—Cold wet feet; long retention of urine; gravel; irritating substances applied externally, and conveyed by the absorbents into the bladder, such as cantharides and spirits of turpentine, and gonorrhœa, are among the causes of inflammation of the bladder.

Treatment.—This is a dangerous affection, and requires early and vigorous treatment. Blood must be drawn, as recommended under the head of Inflammation of the kidneys, until the pulse is reduced thereby. Leeching over the region of the bladder is of great importance, and should be done if leeches can be procured. A flax-seed, or light wheat-bread poultice, ought also to be applied over that part. The bowels must be kept open, by giving castor oil, as occasion may require, and using injections of flax-seed tea. The hip bath, taken by sitting in warm water, so that it may reach the hips, is very useful in this complaint.—The catheter should not be used to draw the water from the bladder, if a discharge can be affected without; but necessity sometimes compels us to resort to the use of this instrument.

Setons should be resorted to, after the system shall have

been reduced by bleeding; and this can be effected by the plan prescribed for inflammation of the kidneys. I should, however, prefer the use of sweet spirits of nitre, to produce sweating, as it has also an effect upon the urinary organs. A tea-spoonful of this article may be given every hour, using as an auxiliary, some warm tea, until a gentle perspiration is produced, and it would be well to keep up a moisture of the skin for a considerable length of time. If the foregoing means fail to check the disease in a short time, a skilful physician should be called in.

HYSTERITIS, OR INFLAMMATION OF THE WOMB.

Symptoms.—Sometimes inflammation of the womb begins, like other inflammatory affections, with distinct chills, followed by fever, previous to any pain being experienced in the womb; but it more usually happens that pain is felt in that part in the onset of the disease. The pain in the lower part of the abdomen is greatly increased by pressure. Urine is generally voided with pain, and sometimes wholly suppressed. As the disease advances, the uterus or womb swells, which may be discovered by applying the hand over it externally.

The pulse is sometimes full and frequent; at others small, quick, and tense. Severe headache is apt to accompany this complaint, and nausea and vomiting generally occur. These are the ordinary symptoms of hysteritis; but the disease varies in different cases.

Cause.—Hysteritis is caused by parturition, or child-bearing, and is apt to come on in a few days after child-birth.

Treatment.—Active bleeding should be practised in the early stage of this disease—provided the pulse be full and frequent. Leeching, over the region of the womb, is also

of much benefit. After leeching, a warm, soft poultice, either of flax-seed or light wheat-bread, should be applied over the pubes and external organ of generation. Immediately after bleeding, from fifteen to twenty-five grains of calomel, with ten or fifteen of rhubarb must be given, and if no effect be produced on the bowels, in five or six hours thereafter, a dose of castor oil must be administered. No stimulating injections, as advised by some, must be resorted to; but the use of flax-seed tea as an injection, might prove of some advantage. Mucilaginous drinks must be freely used. In cases attended with much suffering, after bleeding and purging, from four to six grains of Dover's powder may be administered every two hours, in order to procure ease, and to act upon the skin.

Should this fail to relieve the patient's sufferings in a few hours, a grain of opium may be given and repeated every third hour, until rest be procured. Light diet only should be used. Should the above plan fail to mitigate the sufferings of the patient in a few hours, a physician must be called.

ACUTE RHEUMATISM.

Symptoms.—Slight chills, succeeded by heat, loss of appetite, and lowness of spirits, are the premonitory symptoms of acute rheumatism. Pain in a joint or joints, soon comes on, with inflammation and swelling of the affected parts. The pain increases very much at night—the pulse is full and frequent—the skin hot and dry—the thirst urgent, and the urine small in quantity and of a deep red color. The bowels are generally obstinately constipated, and as the disease advances, the swelling of the affected part increases, until the distension becomes enormous.

Causes.—Suppression of the perspiration by cold, is the

usual cause of this complaint. Cold and wet feet, exposure to rain, when the body has been heated, sleeping in cold, damp rooms, or in damp bed-clothes; travelling in extreme cold weather, and lying out of nights, as waggoners generally do, are amongst the most fruitful sources of acute rheumatism.

Treatment.—When the pulse is full and frequent, bleeding should forthwith be practised, so as to make a decided impression on the pulse, and repeated according to the state of the pulse and the violence of the pain. From twenty-five to forty grains of calomel, with fifteen or twenty of rhubarb, must be given in the commencement of the disease, and followed, in five or six hours, with a dose of castor oil, if necessary, to procure copious evacuations from the bowels.

After the reduction of the system by bleeding and purging, sweating must be induced and kept up as much as possible, by giving ten or twelve grains of Dover's powder every three or four hours. It will doubtless be necessary to give an occasional purgative during the whole course of the disease. External stimulating applications to the affected parts, are essential. Opodledoch, british-oil, the volatile liniment, and many other compounds are recommended for this purpose, but anything of a stimulating nature would prove of some benefit. I have found the volatile liniment, as it is usually formed with the addition of a little camphor and laudanum, to be as good as any other. A large number of empirical remedies are recommended as specifics in this affection. Those *steam engines* with which some parts of the United States are infested, boast of their power to control this disease with "number six," "composition powders," &c., and it is true, that in cases in which their active stimulants fail to kill the patient in the first stage, they sometimes prove

beneficial. Any ignoramus may, by shooting one hundred times at random, accidentally hit a mark; and a “*steamer*” by being called to many patients, may happen to get to some one at a period when his vile nostrums may do good; and among such creatures as usually adopt the Thompsonian plan, to *make themselves doctors in a day*, success in one case in a hundred, is sufficient to make the *dear fellow* place the utmost confidence in his vast medical acquirements.

Should the plan prescribed not prove of considerable advantage in arresting the disease in its progress in a short time, a skilful physician ought to be called, as great delay might result in causing the patient to be an invalid for life.

CHRONIC RHEUMATISM.

Symptoms.—In this species of rheumatism, the affected part is painful, but not red and swelled as in the acute form. No fever accompanies the complaint, and the pain which is obtuse, is not confined to any particular part, but flies from joint to joint. The pain is always more annoying during the night, and just before, and during falling weather. The patient, after exercise, is apt to experience temporary relief; but he soon feels stiff in his joints, and in a short time the pain returns with as great an extent as usual.

Causes.—This is sometimes the consequence of the acute form of the disease; but it is also often the result of cold acting upon the system. Aged persons are more apt to become affected with this form of rheumatism, than the young; and as the acute form, it is most prevalent in cold damp countries, such as Indiana and Illinois.

Treatment.—It is extremely difficult to eradicate this form of rheumatism from the system.

Bleeding is not required, as it generally is in the acute form. Purging is decidedly useful, as it is in the other form; but it is scarcely necessary to carry it to the same extent.

The bowels should be kept regular throughout the whole course of the disease. Gentle sweating with Dover's powder, would be good. The tincture of gum guaiacum, is a favorite remedy, given in doses of from a tea-spoonful to a table-spoonful three times a day, avoiding at the same time exposure to wet and cold. It can be taken in water and sweet milk. In lumbago or rheumatism of the back, spirits of turpentine is highly recommended by some. Dr. Eberle states that twenty drops of spirits of turpentine with one scruple of *lac sulphuris*, given three times a day, has been used by him with good effect.

Several other remedies have been recommended in this form of rheumatism, but a good skilful physician ought to be consulted.

GOUT.

Symptoms.—The attacks of this disease come on in the night, arousing the patient from his slumbers, with an acute pain in the toe, heel or instep. The pain becomes intense, and continues from a few hours to three or four days and nights. A remission will eventually take place, but will last but a short time, when the pain will return with all its violence. The foot and ankle are much swelled and red, and the slightest touch will sometimes produce the most excruciating agony.

Causes.—The causes which tend to the developement of this disease, are the too free use of rich articles of food, the excessive use of stimulating drinks, and a want of active exercise.

Treatment.—Cathartics are indispensably necessary in this painful affection. The following pill is highly recommended by Scudamore: Take extract of colocynth, half a drachm; calomel, fifteen grains; emetic tartar, one grain. Mix and divide into sixteen pills. Of these, two or three are to be taken at bed-time. The bowels ought to be freely acted upon throughout the paroxysm. Take ten grains of calomel; ten grains of opium; and one grain of tartar emetic. Mix these together, finely pulverized, and divide in ten doses. One of them must be given every five or six hours, so as to keep up a gentle perspiration.

As the patient grows better, he must avoid all stimulating drinks and high seasoned food. His diet should be of a mild cooling nature, and used as sparingly as possible. Should the foregoing remedies not afford some relief in a few days, at most, a skilful physician ought to be consulted by all means.

OPHTHALMIA, OR INFLAMMATION OF THE EYE.

There are several forms of inflammation of the eye, but I shall confine my remarks to the most ordinary form of the disease, viz: *Catarrhal Ophthalmia*, or inflammation of the eye from the effects of cold.

Symptoms.—The patient complains of a sensation, as though the eye had sand in it; aversion to any light shining upon the eye, and some pain is experienced in the eye. A thin, transparent matter flows from the eye, in the first stages; but if the complaint be severe and protracted, the matter becomes thick and opaque. The eye becomes red,

and feels hot to the patient. Headache sometimes accompanies the disease, but no fever exists.

Cause.—As was intimated above, exposure to cold produces this affection. I have sometimes known it to prevail epidemically as an influenza, throughout a neighborhood. It has prevailed once, in this manner, in my neighborhood; and I recently passed through a settlement, in the southern part of North Carolina, in which the people were sorely afflicted with this disease.

Treatment.—An active dose of calomel and rhubarb must be given, in the onset of this complaint, so as freely to evacuate the bowels. After this, the bowels must be kept loose with castor oil, or salts and cream of tartar. Salts and cream of tartar combined, in equal quantities, and given in doses of a tea-spoonful night and morning, I have found a very useful combination. An occasional sweat with Dover's powders, has a good effect. The eye may be occasionally washed, three times a day, in a weak solution of sugar of lead and white vitriol. Four or five grains of sugar of lead, with one of white vitriol, may be dissolved in one ounce of water. The diet must be light and cooling. If no amendment takes place, in a few days, apply to a skilful physician.

VARIOLA, OR SMALL POX.

There are two forms of the small pox, viz: the *distinct* and *confluent*.

Symptoms of the Distinct Variety.—The patient experiences general languor, slight chills, alternating with flashes of heat, with pain in the head and back. Some soreness is felt about the throat, pain in the stomach, attended with nausea, and sometimes vomiting. The tongue is covered with a white fur, the skin hot and dry, the bowels consti-

pated, and the urine small in quantity and of a deep red color. In the first forty-eight hours, bleeding from the nose is apt to occur. The mind is apt to be dejected. Towards the third or fourth day, the tongue assumes a red color. About this period, an eruption begins to make its appearance; first on the face, afterwards on the breast and arms, and eventually, in the course of twenty-four hours from its first appearance, it covers the entire surface of the body.—Minute red spots first appear, but in two days small elevations are to be seen, with inflamed edges, and by the third or fourth day from the appearance of the eruption, matter is formed. Between the fifth and seventh day, suppuration commences. The fever, which generally abates when the eruption is fully developed, now returns. The pustules now become distended with matter, the face swells, and the upper eyelid sometimes swells, so as to close the eye.—When the swelling of the face begins to subside, which is about the tenth day, the feet and hands, and eventually the whole body begins to swell. The saliva, about this period, is copious, and so viscid that it is very difficult to discharge it by spitting. The inside of the mouth and throat are swelled and red; and the breath is very offensive.

About the twelfth day, the pustules are complete—the matter being thick and opaque, and the pustule is of a more yellow color. Soon after the suppurative process is complete, the pustules begin to shrink and grow drier, until a scab is formed. In a short time the scab falls off, and in mild cases of this form of smallpox, no scar is left; but in more severe cases, the skin is left pitted or marked.

Symptoms of the Confluent Variety.—The first symptoms of this form of smallpox, differ from those in the distinct variety only, in being much more violent.

The fever is apt to assume the typhus form. The pa-

tient is drowsy, and the arteries about the head and neck are seen to beat more violently than usual, and the red pimples which appear first—as in the distinct variety of the disease—soon run into each other, so as to present an uniform red surface. The water contained by the pustules, in this form of smallpox, is apt to be of a dark color, thin, and sometimes of a corroding nature. The above are the ordinary symptoms of the smallpox; but great variations occur in different cases.

Cause.—We are aware of no cause of smallpox, except a peculiar contagion, the true nature of which is not known to the medical world. It seems to have appeared, at times, epidemically, caused by certain atmospheric constitutions, of which we are also ignorant. All the learned speculations of the scientific world, on the subject of that peculiar contagion, productive of smallpox, and that state of the atmosphere, predisposing to the disease, are at best hypothetical, and do not serve to dispel that darkness which envelopes the mind of the reader.

Treatment.—Much depends on prophylactic treatment in smallpox. A person who has been liable to the disease should commence, forthwith, restricting himself to light diet. Mush and milk, or rice and milk, light wheat-bread, &c., should constitute the principal part of his diet. All heating articles of food, and stimulating drinks, ought to be carefully avoided. By pursuing this course, the attack is apt to be mild.

As soon as the fever comes on, give a small dose of calomel and rhubarb, and immediately call a skilful physician without delay; or, if one be convenient, attempt nothing until he be consulted, as this is a highly dangerous affection, and should not be entrusted to those who are but little informed.

RUBEOLA, OR MEASLES.

Symptoms.—The time that intervenes between the opportunity of contracting this disease, and the development of the same, varies from a few days, to two or three weeks. It begins with a redness of the eyes, sneezing, a dry cough, and a discharge from the nose, creeping chills and flushes of heat. The breathing is laborious and throat sore. Vomiting often occurs about the third day. The pulse is frequent, and the skin hot and dry.

Between the third and fifth days, an eruption appears in small red spots, first on the face, neck and breast, and eventually on every part of the system. In about three or four days from its first appearance, it begins to disappear, first on the face and then over the entire system.

Causes.—This is strictly a contagious disease, and generally occurs but once in the same individual; though instances have been known of its having attacked the same person twice.

Treatment.—In mild attacks of measles, very little is required but to avoid exposure to cold and wet, and regulate the bowels with castor oil. In aggravated cases, more treatment is required. The treatment, however, must vary to suit the symptoms. When the fever is high, bleeding will sometimes be of benefit; but, generally speaking, bleeding can be very well dispensed with.

In cases attended with high fever, my usual plan is to give, in the first stage, an active dose of calomel and rhubarb, so as to operate well on the bowels. After the effect of the calomel, the skin must be kept moist, by giving sweet spirits of nitre and antimonial wine, in equal quantities, in tea-spoonful doses every hour or two. Mucilaginous drinks, such as flax-seed tea or an infusion of slippery elm bark, should be freely used. When the fever is

high, cold water may be used when required by the patient. Under the above treatment the eruption is apt to appear in due time, and danger is generally avoided.

When the patient is languid, and the pulse feeble, a contrary course to the above must be pursued. Nothing should be done to reduce the system, but stimulating remedies resorted to. I usually give four or five grains of Dover's powder, every three or four hours, assisted with the use of warm teas, so as to act gently upon the skin. In some cases it is necessary to apply sinapisms to the ankles and, to rub the skin, especially the extremities, with hot brandy. When the eruption disappears suddenly, and the system is low, a tea-spoonful of spirits of camphor may be given every hour, until the pulse is raised and the eruption re-appears. When dangerous symptoms take place, indicating inflammation of any part, a physician should be called by all means.—The diet ought to be light. Exposure to cold and wet should be carefully avoided, for several weeks after convalescence from measles. The most dangerous cases which have come under my notice, were produced by neglect in this particular.

SCARLATINA, OR SCARLET FEVER.

Symptoms.—This disease, agreeably to the most of medical writers, appears in three distinct forms, viz: the simple, the anginose, and the malignant varieties; and I am satisfied that there exists a fourth variety, differing from the above three. The simple form commences, as other fevers, with pain in the head and back, slight chills, flushes of heat, &c. In two days from the attack, an eruption appears, first on the face, then on other parts, until it covers the whole body. The throat becomes sore and swollen, the tongue fur-

red, the skin hot and dry, and the pulse full and frequent. About the fifth day the eruption begins to disappear, and by the seventh is generally gone. The anginose form is accompanied with much more violent fever, headache, nausea and vomiting. There is much stiffness in the neck and jaws. The voice is hoarse, the breathing laborious and swallowing very difficult. The febrile symptoms soon arise to a great height, the pulse being full and frequent; but not so full as in the simple form. The eruption makes its appearance about the third day from the commencement of the attack, in irregular patches over the surface of the body. In extremely violent cases, ulcers form about the throat, which sometimes becomes affected, and the disease proves fatal in a very few days.

The malignant form commences in a similar manner to the other varieties, but soon assumes a more violent grade. The eruption appears from the second to the third day—is at first pale, but soon becomes of a livid hue. It sometimes disappears in a day or two, and then comes out again.—The pulse, at first active, soon grows feeble. The patient is very apt to become delirious in the early stage, and often continues so throughout the whole course of the disease.—The tongue is covered with a dark brown fur, and the breath very offensive. The disease proves fatal by the effects on the brain, as in the anginose form of the complaint; but generally, ulcers form in the fauces, the tongue becomes black, the pulse frequent and feeble, and the patient sinks.

In the fourth variety of the disease, no eruption is to be seen at any time, and the other symptoms are similar to those mentioned under the head of the anginose variety. This form of scarlet fever has prevailed to as great an extent as any other, in our immediate section of country for two winters past.

Treatment.—The treatment varies in scarlet fever, accord-

ing to the form of the complaint. In the simple variety, confinement in a warm room, with mild and cooling regimen, is sufficient to effect a cure.

In the anginose form, an emetic given in the commencement, is said to have an excellent effect. I have not, however, resorted to emetics in this affection.

In the commencement of the attack, I usually give a dose of calomel, proportionate to the age of the patient, and the violence of the disease; adding thereto from four to ten grains of Dover's powder.

After the operation of a dose of this kind, I generally regulate the bowels with castor oil, or in severe cases, by giving small doses of calomel and Dover's powder, and repeating as occasion may require. When the heat is intense, and the skin dry, sponging the body with cold water is beneficial. Mucilaginous drinks ought to be freely used throughout the whole course of the disease. With regard to the various gargles recommended in scarlet fever, I have depended very little upon them.

Blistering the throat I have found to be of the greatest benefit. My plan has been not to delay the application of a blister plaster across the throat, so as to extend from one ear to the other. If the swelling be severe, and the difficulty of breathing great, it should be done forthwith. I am aware that medical men, generally, oppose blistering when the system is in a high degree of excitement; but when delay would be dangerous, I often blister when the fever is high. Although I have succeeded, in a practice of several years, without the loss of one patient from scarlet fever, and have been in the habit of using emetics, I will here remark, that I have been informed that Dr. Watson, of Greensboro', a few miles below this, uses emetics almost universally, and succeeds well; and I have a brother in Rockford, N. C., who has pursued a similar course with entire success.

In the malignant form of the disease, some advise prompt bleeding when the excitement is high. I do not doubt the propriety of this, in some cases; though it has not been my practice. I have treated this form of the disease much as the anginose variety, in a general point of view. In the sinking stage, it is sometimes necessary to give stimulants and tonics. Wine, camphor, and quinine, have been used with success. Blistering the throat has been objected to in this variety, in consequence of the danger of gangrene.

I have, however, uniformly resorted to blistering with the happiest effects. When I discover any symptoms of gangrene, I apply a red-oak bark poultice, over the blistered surface. In this form of scarlet fever, as well as in the anginose variety, the brain often becomes violently affected, and inflammation sometimes takes place. Blisters to the temples and the back of the neck, are necessary in such cases. I have also met with a few cases, in which it was necessary to blister the stomach, as it became quite painful to the touch immediately over it. The diet should also be of a light kind.

After recovery from scarlet fever, the utmost caution is necessary in avoiding exposure to cold and wet. Strong food and hearty meals, should not be indulged in, as such things are apt to produce dropsy. In the anginose and malignant forms, a physician should always be called, if practicable.

ERYSIPELAS, OR ST. ANTHONY'S FIRE.

Symptoms.—This disease commences with a burning heat, redness of the skin, and swelling of some part of the body. The patient has head-ache, loss of appetite, and sickness of the stomach. The inflammation attacks various parts of the body, sometimes affecting one side of the face and head, and sometimes one limb. The part is very greatly swelled and uneven; and a stinging pain is experienced. After the inflammation has continued three days, small blisters appear on the surface, filled with a yellow fluid. In a day or two, these vesicles break, and discharge the contents, and crusts or scabs form on the surface. When the disease wears off spontaneously, which it often does about the sixth day, the redness gradually disappears; the swelling subsides; the fever grows lighter; and in a short time the patient recovers. Sometimes the disease affects the entire system, and in some instances only one limb becomes so violently affected, that the patient eventually loses it, and in some cases even his life.

Treatment.—In the first stage, when the inflammation is high, bleeding is necessary; but in the majority of cases, this can be dispensed with very well. An active purgative is generally essential. In the commencement of the attack, give an active dose of calomel and rhubarb, and after the operation of that ceases, regulate the bowels with cream of tartar, and salts combined. A tea-spoonful of these two articles given in the morning, and another at bed time, generally answers the purpose. As a diaphoretic, you can dissolve half an ounce of sal ammoniac, in half a pint of cold water, and take a table-spoonful once in four hours. As an external application, dissolve forty grains of luna caustic in one pint of water, and wash

the affected part two or three times daily. Should it fail affecting relief in a few days, you had best call a physician.

HERPES CIRCINNATUS, OR RINGWORM.

This affection is so well known, that it needs no description from me. It has been successfully treated with a solution of luna caustic, sulphate of zinc, or copper, used as a wash, and by ointments of various kinds; but the application I prefer, is one part of elixir vitriol, to three parts water, and apply in small quantities three or four times a day. Conjointly with this, the patient should take every night at bed time, a tea-spoonful of cream of tartar, and flour of sulphur combined, and live upon the lightest diet.

HERPES ZOSTER, OR SHINGLES.

This is also known by people generally, but as some persons appear to be alarmed about it, thinking that if the eruption extends around the body, it will cause certain death, I will remark that it has never been known to reach more than half way around the body, and can generally be cured with mild laxatives, (such as salts,) light diet, and the use of the solution of luna caustic, as recommended for St. Anthony's Fire.

URTICARIA, OR NETTLE RASH.

This is characterized by an eruption of the skin, white in the centre and red around the margins, itching, and a stinging smarting pain, &c.

Treatment.—In general, mild laxatives, cooling drinks, and the warm bath, will be found sufficient to remove this disease.

VARICELLA, OR CHICKEN POX.

Symptoms.—The fever in this affection is very slight. About the second or third day from the commencement of the febrile symptoms, an eruption appears in fine red pimples, first on the breast, then on the face, back, head, and at length over the entire system. The itching is generally very troublesome. In a short time from the appearance of this rash, vesicles are formed, which are first filled with a thin whitish fluid, which takes place about the second day. By the third day, this fluid assumes a yellow color, and by the fourth, the vesicles begin to dry up; and in three or four days, a dry brown crust is formed. About the ninth or tenth day, the scales or scabs fall off.

Cause.—This disease is strictly contagious; an individual having it but once, as the measles, whooping-cough, &c. Children are much more liable to it than grown persons.

Treatment.—Generally speaking, but little treatment is required in chicken pox. A light diet, with an occasional dose of salts and cream of tartar combined, most usually answers for the mitigation of the symptoms. When the patient has been bilious previous to the attack, and remains so at the time of attack, the fever being very

high in consequence thereof, a dose of calomel (twenty grains for an adult) and ten grains of Dover's powder, may be given.

PRURIGO, OR ITCH.

There are several varieties of itch; but I shall only speak of the most ordinary form of the disease.

Symptoms.—The itch is characterized principally by an eruption which breaks out first on the hands and wrists, and spreads afterwards over the whole body. This eruption is accompanied with a most intolerable itching. Pustules appear, filled sometimes with a thin fluid; at other times with thick pus. If the disease be neglected, the skin will often be covered with large blotches or scabs, and at other times with a dry scurf.

Causes.—This is also a contagious or infectious disease, being very easily contracted by sleeping with an individual laboring under the complaint, and even sometimes by merely shaking hands with such an one.—The disease will sometimes come on spontaneously from a want of cleanliness.

Treatment.—There are various plans of treatment that have been adopted with success in the itch. An ointment made by mixing two ounces of flour of sulphur, and two drachms of sal ammoniac, powdered with four ounces of lard, has cured the disease by rubbing a small quantity over the surface of the body at bed time, three or four times in the course of a week.

Mercurial ointment, rubbed on each wrist, at the bend of each elbow, and beneath the joint of each knee, has also been used with prompt success. A very small quantity may be applied and well rubbed in every night at

bed time, until the disease be subdued. The best and neatest preparation, however, for external use, is a solution of corrosive sublimate and sal ammoniac. One drachm of corrosive sublimate, and three drachms of sal ammoniac, may be dissolved in one pint and a half of water.— The affected parts must be washed with this solution three times daily. During the use of any of the above external applications, a tea-spoonful of salts should be taken every night and morning; or what would answer better, a tea-spoonful of cream of tartar and flour of sulphur combined, equally taken in like manner. Great care must be taken to avoid cold and wet, while using any of the above remedies; and light diet must be used.

HERPES LABIALIS.

This is an eruptive disease which appears generally on the upper lip, of the nature of the disease commonly called tetter.

Symptoms.—Sometimes the eruption is preceded by pain and inflammation, tenderness, and swelling; and sometimes it comes on suddenly without any premonitory symptoms. The lip is tender, hard and stiff; and vesicles are formed, filled at first with transparent water; but by the third or fourth day it becomes opaque, and of a yellowish color. About the fifth day, brown scabs are formed, which fall off in two or three days thereafter.

Cause.—This affection is generally caused by slight fever from cold; but it also appears in diseases of the liver, spleen, and other diseases (especially when much fever has attended) during the subsidence of those complaints.

Treatment.—Very little treatment is required in this disease. Washing the part with a solution of sugar of lead, twice a day, and applying immediately after each application, a plaster of Turner's cerate, will generally be sufficient to effect a cure in a few days.

HERPES PREPUTALIS.

Symptoms.—This affection begins with red spots on the prepuce, attended with heat and itching, which sometimes produces great alarm in the mind of the patient, from their great resemblance to chancre. Small vesicles soon appear, which become dry, forming a scab about the sixth day, the scab falling off about the ninth day, leaving the skin sound.

Treatment.—Washing the affected parts with a solution of borax, is of much benefit in this complaint. The solution should be applied three times a day, to the part covered with vesicles, and if they do not appear to be healing in a few days, a weak solution of lunar caustic must be used, instead of the sugar of lead. This can be made agreeably to the directions given under the head of St. Anthony's fire. A tea-spoonful of salts may be taken every other night, and light diet must be used.

EPISTAXIS, OR BLEEDING FROM THE NOSE.

Causes.—Whatever causes an unusual flow of blood to the head, such as stimulating drinks, long intense study, coughing, playing on wind instruments, heavy lifting, hanging the head, &c., tend to produce this hemorrhage.

Treatment.—When bleeding at the nose is accompanied

with a full, active pulse, and congestion in the brain, it should by no means be arrested, but a physician consulted. When the person is weak and nervous, and the pulse low, the bleeding had best be stopped. Apply cold water to the back part of the head and neck, and bathe the feet in warm water, and if this does not succeed soon, give sugar of lead in molasses, in one grain doses every half hour, and upon failure of this plan, call in medical aid, as delay may prove fatal.

HÆMATURIA—BLEEDING FROM THE BLADDER.

Causes.—Bleeding from the bladder is often caused by gravel in the bladder or kidneys; by cantharides, spirits of turpentine, &c. It is often produced by violent exercise, and many other causes.

Treatment.—In the treatment of this affection, attention must be particularly paid to the constitution of the patient. In plethoric patients, with a full, strong pulse, bleeding should be resorted to at an early period—the blood to be drawn from the arm. When gravel exists, and the patient is in great pain, he should have one fourth of a grain of opium, and one grain of sugar of lead every hour, until relief is afforded.

Mucilaginous drinks, such as flax-seed tea, mucilage of slippery-elm bark, or gum arabic, should be freely used every day. I have used the infusion of *uva ursi*, in doses of two or three table-spoonfuls, three times a day, with benefit. During the whole course of the disease, I use a tea-spoonful of salts and cream of tartar combined, every night and morning. If these remedies fail, apply to a physician.

HÆMATEMESIS, OR BLEEDING FROM THE STOMACH.

Symptoms.—The first symptoms of approaching vomiting of blood, are a loss of appetite, acidity of the stomach, manifested by sour eructation ; a disagreeable breath ; tenderness of the stomach ; nausea ; palpitation of the heart ;—ringing in the ears ; cold feet and legs ; a weak pulse ; unusual paleness of the countenance ; great anxiety, and a feeling of approaching fainting. At length vomiting takes place, the patient throwing up dark blood, sometimes in clots, at other times liquid. I have seen an instance in which the blood vomited was as black as tar, and tolerably thick as to consistence.

Causes.—Affections of the liver and spleen, often cause vomiting of blood. It often occurs in young females, from retention of the menses. It may be produced by acid substances taken into the stomach, blows on that part, and also by malignant fever.

Treatment.—When the pulse is full and frequent, blood should be drawn, so as to make an impression on the pulse. The feet should be bathed in warm water, and a mustard seed poultice applied to the stomach. A mild injection should also be administered. In those cases attending young females, who labor under irregularity of the menses, purgatives have been recommended. The diet must be light. As this is a very dangerous affection, a physician ought always to be called, if practicable.

HÆMOPTYSIS, OR BLEEDING FROM THE LUNGS.

Symptoms.—The patient experiences a tightness across the breast, a dry cough, anxiety, a burning sensation, accompanied with pain under the breast bone, cold extremities, chills, alternating with flushing of the face, a frequent, corded pulse, and a disagreeable taste in the mouth. After some time, coughing comes on, the patient hawks, and throws up blood. These are the most ordinary symptoms of hemorrhage from the lungs; but varieties occur very often.

Causes.—Diseased liver or spleen, cold, the excessive use of spirits, violent exertions, disease of the heart, drying up old ulcers, blows on the breast, singing too long and loud, and costiveness are among the causes of this complaint.

Treatment.—If the pulse be full and frequent, blood must be drawn forthwith. Mustard seed must be applied to the breast and ancles, and a tea-spoonful or more of common salt, should be given, and repeated in an hour, if the disease be not checked. This is also a highly dangerous disease, and a physician should be had as speedily as possible.

GONORRHOEA, OR CLAP.

Symptoms.—At first an itching sensation is experienced in the urethra- (or passage for the urine.) In a few hours a yellowish fluid is discharged; the itching increases, and the patient cannot void urine without pain. After a day or two, the penis swells, and becomes quite tender to the touch; the discharge assumes a greenish appearance, and the patient is often troubled with erec-

tions of the penis, especially while abed. As the disease progresses, the urine is passed with considerable pain, and some difficulty. These are the general symptoms of clap, which admit, however, of many variations and accompanying symptoms.

Causes.—This is an infectious disease, produced generally by indulging the carnal propensity with an individual affected with it, and comes on in from three to ten days after connexion.

Treatment.—Gonorrhœa is usually quite easily managed. The patient should take at first a large dose of salts; or if there be much fever and a bilious habit, a dose of calomel and rhubarb ought to be taken.—Thirty drops of balsam copaiva, should then be taken three times a day before eating, and a tea-spoonful of salts and cream of tartar combined, be taken night and morning. I often combine the balsam with sweet spirits of nitre equally, and give a tea-spoonful for a dose. There are other combinations to be found in the list of compounds in this work, which are very good. The patient must also use mucilaginous drinks; avoid venereal indulgence, and eat light diet, such as milk and bread, mush, rice, &c.; avoiding meat, coffee, and every thing stimulating. If the above plan fail many days, call a physician by all means.

SYPHILIS, OR POX.

This is also an infectious disease caused by venereal indulgence with a person having it.

Symptoms.—From a few days to as many weeks after venereal intercourse, small pimples appear on the genitals, accompanied with itching. In a short time the pimple breaks, and degenerates into an ulcer, called a

chancre. The bottom of this is covered with a viscid mucous. The edges become hard, and the centre is generally depressed. Tumors soon form in the groin called buboes. When the system becomes affected, an eruption appears upon the throat and mouth somewhat higher than the general surface, covered with thin hard scales, somewhat white. These scales are very easily removed, and leave shining copper colored spots. The forehead, breast, arms and legs are also often affected with this eruption. Ulcers eventually form about the tonsils, and palate; the periosteum (or covering of the bones) and even the bones themselves become carious, and come away in pieces. The bones of the face are most liable to be destroyed.

Treatment.—The principle constitutional treatment in this affection, is mercury, given so as to keep up a gentle mercurial impression for some days; but as syphilis is a highly dangerous complaint, and one dangerous to manage, I shall not lay down any general plan of treatment. Prescribing for this disease, in domestic medical works, has led to disastrous consequences, by causing the uninformed to attempt the treatment. The fear of developing a person's situation, who is affected with venereal, causes many an individual to delay sending for a physician; until the disease becomes incurable; and it also often happens that such an one finding any plan laid down in a medical work intended for family use, attempts a cure himself, and only precipitates himself into the grave. The best prescription I can make in this affection, is to advise any individual who is so unfortunate as to labor under it, to call on a skilful physician without delay.

DIABETES, OR EXCESSIVE DISCHARGE OF URINE.

Symptoms.—The urine flows in great abundance; is thin and pale; and has a sweet taste. The thirst is extreme; skin dry, and above the natural temperature; appetite impaired; feet swelled, and the emaciation great.

Causes.—Excessive flow of urine, is produced by excessive fatigue; such as jumping, lifting heavy lifts, &c.; the use of stimulating drinks, fevers, taking too frequently spirits of turpentine, tincture of cantharidies, and other causes.

Treatment.—The bowels must be regulated with small doses of rhubarb. Four or five grains of Dover's powder may be taken once in four hours. Alum in scruple doses, three or four times a day, has been used by some with good effect. Emetics have also been used with supposed benefit, but I have never tried any article of the kind. Carbonate of ammonia, in doses of from five to fifteen grains three times a day, has been successfully employed. All stimulating drinks ought to be carefully avoided. Light diet, such as rice, bread and milk, rye mush, &c., would be proper. Flannel should be worn next the skin. Daily exercise ought to be taken, but not so as to produce fatigue. Lying on a soft feather-bed is quite injurious; the patient ought to lie upon a hard bed, or mattrass. A good physician should always be consulted, if practicable, at an early day.

APOPLEXY.

Symptoms.—Apoplectic attacks sometimes come on suddenly; but generally the patient is giddy, has a pain in the head, ringing in the ears, interrupted speech, dimness of sight, bad memory, occasional deafness, flashes before the eyes, bleeding of the nose, disturbed sleep, &c. Sometimes the symptoms continue weeks, or even months, previous to an attack; and at other times, only a few hours. When the fit comes on, the patient sometimes falls suddenly down, and appears to be in a deep sleep, from which he cannot be aroused; at other times he is seized with violent pain in the head, trembling of the arms and legs, sickness of the stomach, and giddiness. He soon loses his senses, and sinks in an apparent swoon, from which he soon recovers, gets up, walks and converses, but soon sinks as before. In the first mentioned case, the disease generally proves fatal in a few hours, and in the most of cases, it proves fatal under any form, at some time.

Causes.—The causes of this disease are many. Persons having large heads, short necks, full chest, broad shoulders, short stature, red and full faces; and those who are corpulent, are predisposed to this complaint. The most common age for the attacks to occur, is between forty and fifty. Whatever causes a flow of blood to the brain, such as full diet, drinking spirituous liquors, using much strong coffee, and intense study, predisposes to apoplexy. The exciting causes are many, as heavy lifting, tight cravats, intemperance in eating and drinking, exposure to great heat in warm climates, violent rage, healing up old ulcers, &c.

Treatment.—The first indication is, to lessen the determination of blood to the head. The head should be

raised, and kept elevated, and blood drawn from the arm without regard to quantity, until a decided impression is made upon the pulse. Dr. Cheyne remarks, that from six to eight pounds of blood have been sometimes taken before the disease began to yield. The blood should be drawn from a large orifice. Cupping should also be resorted to on the temples, and back of the neck. Cloths dipped in cold water should be applied to the head, and mustard seed poultices to the feet. As soon as the patient can swallow, give twenty-five or thirty grains of calomel, with fifteen or twenty of jalap, and administer an injection of thirty or forty grains of aloes, in a pint of warm water every hour, until you produce free evacuations from the bowels. In conclusion, I must say that if practicable, medical aid should invariable be had on the first recurrence of the symptoms of apoplexy.

PARALYSIS, OR PALSY.

Symptoms.—This disease is known by a loss of motion or sensation, or both, in some part of the system. Sometimes it affects all of one side—sometimes only from the hips down; and sometimes only a small part of the system.—In some cases the patient is attacked suddenly with the disease; but at others he has symptoms, previously, similar to those of apoplexy.

Causes.—The causes of this complaint do not differ, generally, from those pointed out in apoplexy; the reader is, therefore, referred to that article for an examination of the causes.

Treatment.—The treatment to prevent a stroke of palsy, is similar to that recommended in apoplexy. When

a person discovers symptoms of approaching palsy, a seton in the back of the neck would be of service.

Light diet and gentle exercise should be resorted to, and all the exciting causes carefully avoided, such as stimulating drinks, heavy meals, &c. Purgatives are very useful in palsy. Calomel in twelve or fifteen grain doses, with twenty grains of mustard seed, and followed in three hours with a table-spoonful of castor oil, answers well for this purpose. External stimulants should be used, and the volatile liniment, made of equal parts of ammonia and sweet oil, is an excellent article for external use. When the disease becomes chronic, stimulating liniments, blisters, and sinapisms should be applied to the parts affected. If convenient apply to a physician.

EPILEPSY.

Symptoms.—Preceding the attack, the following symptoms occur: A peculiar feeling in the head, dimness of sight, sparks before the eyes, trembling of the limbs, loss of sleep, and interrupted speech. The patient, just before the fit, feels a sensation like a stream of cold air, commencing at the feet, and extending up to the head, as the fit comes on. If the patient be standing, he immediately falls down, and is violently convulsed. The whole frame is agitated—the eyes roll about, and the tongue often protrudes between the teeth, and is often bitten. The pulse is irregular and frequent, breathing difficult, and the patient eventually falls into a deep sleep, which sometimes lasts three or four hours, and when he awakes feels languid and stupid.

Causes.—Epilepsy is sometimes hereditary, as we read

of many in the same family having been afflicted with it. The exciting causes are numerous, as injuries of the skull, causing portions of bone to press upon the brain; various affections of the brain; sudden emotions of the mind, as fear, grief, terror and anger. Worms often occasion epilepsy in children. Excessive venery sometimes brings on this complaint; and intemperance is a fruitful source of it also.

Treatment.—The causes being many, the treatment is variable; in general, however, bleeding is the first step to be taken, particularly in strong, plethoric persons. Active purgatives, such as calomel and jalap, are all necessary in this disease. Issues or setons over the spine, should be resorted to immediately. On the approach of a fit, cold water should be applied to the head, and the feet bathed in water, or mustard poultices applied to them. I would here impress upon the minds of my readers, the importance of procuring the best medical aid possible, in any case of epilepsy, and depend solely upon the physician called. Epileptic fits are the most prevalent of any fits in our country, and there are many remedies, emanating from ignorant persons, recommended for the cure of such fits, that are calculated to do injury, instead of good.

CHOREA, OR ST. VITUS' DANCE.

Symptoms.—This complaint approaches, generally, under the following symptoms: slight pains in the stomach or bowels, variable appetite, costiveness, giddiness, palpitation of the heart, and cold feet. After these symptoms occur for some time, the muscles of some part of the body begin to twitch; and sometimes this twitching increases, until it affects the whole system. Sometimes only one side is

affected, so that one arm, one leg, and all the muscles on one side are in action. Even the muscles on one side of the face are affected, so that the eye is drawn to one side, simultaneously with the motion of the limbs, while the eye on the other side, remained perfectly still.

Causes.—Chorea seldom affects persons over twenty, or under seven years of age; but I have had one case in a child eighteen months old. Dr. Eberle states that he has had a case in an infant nine months old. Many others are recorded by medical writers. Some writers consider this disease often hereditary. To this opinion I subscribe, as I am aware that there are several cases, at this time, in one family with whom I am acquainted; and I am also informed that several of their relatives, who have been dead some time, had the disease many years previous to their death. Among the exciting causes of St. Vitus' dance, are fear, terror, disappointed love, irritating substances in the intestinal canals, as worms, fecal matter, suppressed menses, drying up of eruptions of the skin, unsatisfied venereal propensities, &c.

Treatment.—Every exertion should be made to remove the exciting cause, and after the disease is removed, to invigorate the system, so as to prevent a return. Purgatives are much resorted to for this purpose. Calomel and rhubarb should be given, in doses corresponding to the age of the patient. When the disease proceeds from worms, the usual remedies for worms, must be used; but the best prescription I can lay down for families, is to call a physician whenever a case of chorea occurs in the family.

TETANUS, OR LOCKED JAW.

There are two kinds of tetanus, *idiopathic*, or such as arises from general causes, and *traumatic*, or such as is produced by some mechanical injury, as wounds, bruises, &c.

Symptoms.—The muscles of the larynx first become affected, the voice becomes changed, and the swallowing very difficult. In a short time afterwards, a stiffness occurs in the neck and jaws. At first the patient is able to open his mouth, but it soon becomes so that his jaws are firmly closed. Pain is usually felt in the epigastrium, which increases with the other symptoms. The muscles of the chest soon become violently contracted, the arms and legs distended, and the whole frame thrown into violent spasms. At length a remission takes place in the spasms; but they soon return with all their violence.

In the last stage of the disease, the patient is tortured with almost incessant pain, and at length a violent spasm closes the scene. I shall say nothing of the plan of treatment for this dangerous affection, as a physician should be called without delay, in all cases.

DELIRIUM TREMENS—MANIA A POTU.

This remarkable affection occurs in drunkards.

Symptoms.—This disease usually begins with much lassitude, giddiness, nausea and vomiting, confusion in the head, want of sleep, and tremors. In a few days, the countenance shows alarm, and suspicion; the eyes are expressive of wildness, and the patient often views those around him with an eye of scrutiny and suspicion. At

length he becomes very irritable; the tremors increases; he is remarkably restless, walking to and fro across the room; and is unable to procure any sleep. He soon evinces mental disorder, and fancies that he sees cats, dogs, snakes, and various other animals, in his room; or that some person stands without, ready to shoot him. He will often try to make his escape, and if an opportunity offers, will run out of his own house, and fly to his neighbor, begging for protection from some one who he declares is about to shoot him. He will sometimes converse freely with some supposed visitor, and if contradicted, and told that no such person is present, gets much worse, and insists that some one is in the room. This state of the mind sometimes passes off in a day or two, but often continues five or six days; the patient not sleeping an hour in the time, and eating but little.

Treatment.—Our principal remedy in this affection, to allay the morbid excitement of the brain, is opium given in one or two grain doses every hour, until sleep is produced. I have had a case under my care occasionally for fifteen months, until within three months: the patient has become strictly temperate, and free from the disease. My usual plan has been in this case, to give from one to two grains of opium every hour, until sleep comes on, observing at the same time, to keep the bowels loose with salts or oil. When the patient grew very weak, and his pulse low, I sometimes gave him hartshorn to stimulate him, but was always careful to avoid letting him use spirituous liquors. Cold water applied to the head, I also found of some advantage. The diet should be light, as bread and milk, &c. A physician should always be consulted early.

NEURALGIA, OR TIC DOULEUREUX.

This is a painful affection of the nerves.

Symptoms.—The pain in this affection is excruciating in the extreme. It darts like lightning along the affected nerve or nerves a few seconds, when some remission takes place for a short time, but soon the pain returns with all its violence. Sometimes the disease is strictly periodical; the paroxysm occurring at a certain time, as an ague. Sometimes the disease becomes chronic, continuing in irregular paroxysms for one or more years. The nerves of almost every part of the system are liable to this painful disease, but it is most common for those of the face, to be the seat of the affection.

Causes.—The most frequent cause of neuralgia, is marsh miasma, such as causes intermitting fever; but it is also produced by the mechanical injury of some nerve.

Treatment.—As I myself have been the victim of this most painful affection, I will here attempt to give an account of my plan of treatment. Believing at first that the disease originated from carious teeth, I had two of those in the affected jaw extracted; but this affording no relief, I began the medical treatment. I first took an active purgative to cleanse the stomach and bowels, and then commenced the use of quinine, taking one grain every hour, until I took five or six doses before the expected paroxysm. I also blistered my face immediately over the part affected. I sometimes took from one to two grains of opium one hour before the expected attack, which generally succeeded in preventing it. After using opium, quinine, rust of iron, and muriated tincture of iron, some months, I at length had the last jaw tooth in the affected jaw extracted—

and with the exception of a slight attack next morning, I felt no more of the disease for some weeks—but was at length attacked again. Thinking of a plan that was mentioned to me by a gentleman who knew nothing of medicine, but had tried it himself, I determined to adopt it.

I had an oven, half filled with embers, filled up with water, put over a fire, and made to boil; after which, I took off my coat and waist-coat, sat down with my head over the steam arising from the hot water and embers, had a blanket thrown over my head so as to cover me entirely, reaching down to the floor all round, and in this manner steamed my head for fifteen or twenty minutes, the sweat dropping off my face all the time.—I became easy in a few minutes, and after steaming, put a handkerchief around my head, went to bed, and slept soundly. This was my last attack.

My opinion of the case is this: In removing the carious teeth, I removed the exciting cause. I had taken tonics until I had restored in a great degree the strength of my system, yet the nerve remained irritable, until the steaming, as above related, allayed that irritation. I would advise the aid of a good physician in neuralgia.

ASTHMA.

Symptoms.—This disease is characterised by symptoms in which the patient has great anxiety, much difficulty of breathing, tightness across the breast, and a short dry cough. These symptoms soon become alarming, the countenance expressive of the greatest anxiety, the heart palpitates violently, the pulse is irregular, the extremi-

ties generally cold, and the face is often bloated. After the paroxysm continues for an uncertain length of time, a copious expectoration comes on, which affords considerable relief; and the patient eventually recovers for a season, but is apt to have returns of the paroxysms, especially in wet weather in the spring months.

Causes.—The exciting causes are cold and damp air, irritating matters inhaled by the lungs, such as dust, fumes of lead, arsenic, sulphur, tobacco, &c.; irritating articles of food, suppression of habitual discharges, corpulence, mental emotions, and many other things.

Treatment.—To alleviate the paroxysm when it is on, ipecacuanha given so as to produce nausea, is said to be good. One grain of opium given once in four hours, has had an excellent effect in my hands. An ounce of asafoetida, dissolved in one pint of water, and a tablespoonful or two, taken every three hours, is also very good. The patient should have free air, but avoid draughts of wind or damp air. A great variety of articles are prescribed for the radical cure of asthma, but I shall here content myself with saying that no person except a physician, is capable of managing the disease, and one should be called at an early period of the disease.

PERTUSSIS, OR WHOOPING-COUGH.

Symptoms.—This affection generally begins like a common cold; the patient feeling fatigued; having headache; sneezing; slight hoarseness; and difficulty of breathing. Some fever is apt to occur towards evening. For the first few weeks, the cough is dry, and free from that peculiar noise that afterwards attends it. The disease now assumes a spasmodic character. The spells of coughing

are longer, and the breath during the cough is drawn very slow, and with great difficulty, having the stridulous or whooping noise generally noticed by all who ever saw a case of the disease. Whooping-cough generally occurs in childhood, is highly contagious, and occurs but once in the same individual.

Treatment.—It seems to be the opinion of some, that the duration of this disease cannot be shortened by any course of treatment that can be pursued, but I am of a different opinion.

The bowels should be kept regularly loose, by giving rhubarb, salts, or castor oil. Ipecacuanha, given once in every one or two days, agreeably to the violence of the disease, so as to produce vomiting, would be of great utility. Flax-seed tea, given as an expectorant, will alleviate the cough in some degree. Tartar emetic ointment should be rubbed upon the chest, until pustules, or small blisters are formed. This is a very important measure, and should by no means be neglected, as it tends greatly to prevent too great irritation of the lungs. The diet should be light, and exposure to cold, or damp air avoided.

DYSPEPSIA, OR INDIGESTION.

Symptoms.—The symptoms of this disease are various. The following are the principal ones: variable appetite; heartburn; sour eructations; colic pains, flatulency, &c. The patient is apt to be melancholy and peevish, and the flesh wastes rapidly. Nothing of consequence that the patient eats, digests properly.

Causes.—Eating too fast, imperfect mastication, the use of stimulating drinks and high-seasoned food, a free

use of hot coffee and tea, eating many articles of food at the same time, the want of active exercise, &c., are among the many causes of this disagreeable complaint.

Treatment.—I place but little confidence in medicine in this disease. Many an unfortunate dyspeptic is compelled to drag out a miserable existence, and die, by placing too much confidence in medicine as a cure. It is lamentably the fact, that there are many, or at least some physicians, who are so sordid—so completely lost to every ennobling principle, that they will, for the sake of money, pour their medicines into the stomach of the dyspeptic, until he dies the victim of medicine instead of disease.

As costiveness generally attends this disease, it is advisable, of course, to take something to alleviate it.—Aloes in small doses every day, generally answers well, but the best article I have tried is the following pills: Take one scruple of aloes, one half a drachm of ipecacuanha, and one scruple of extract of *hyoscyamus*.—Mix and divide into twenty pills, and take one every night.

The patient should, however, depend chiefly upon a proper diet and exercise. He should eat slowly, chewing his victuals well, and eat at regular hours. Generally, a milk and bread diet is good. Light wheat-bread, or corn-bread, should be preferred. Rice and rye mush are both good; but the best article that I tried, in my own case, was corn-meal parched over the fire, and sweet-milk. Upon these I lived two or three weeks, when I was afflicted with dyspepsia, in the State of Indiana. To come at the point, no physician can prescribe diet for all dyspeptics.

The proper course for the patient to pursue, is to try different articles of food, and whatever agrees best with

him—whatever causes the least uneasiness in the stomach and digests best, should be used. Proper exercise is an all-important measure in this complaint. The patient often feels an inclination to sleep, soon after he takes his dinner. This should never be indulged in.—Should the patient take his afternoon nap, instead of getting up refreshed, he would find himself more languid than before.

A person laboring under this disease, always seems averse to corporeal exertion, is fond of solitude, and indulges in gloomy thoughts. These things should be guarded against, and counteracted as far as practicable. His exercise should be active, in proportion to his strength. Travelling on horseback, or in a carriage, should be resorted to, if convenient; and the patient should visit new countries, travelling from place to place as long as he is affected with the complaint. A change of air and scenery, is surely one of the most important measures in dyspepsia. Every thing of a gloomy nature should be avoided. The patient should seek cheerful company—not allow himself to think long on any one subject, and indulge in all amusements not contrary to the principles of christianity. His friends should be kind to him, and afford him all the amusement possible. Upon the whole, very little medicine should be given; but exercise in the open air, cheerful company, eating proper diet, and at regular hours, early going to bed, and early rising, and strict temperance in every respect, is the plan to be pursued in dyspepsia.

DIARRHŒA.

Symptoms.—A copious, frequent watery discharge from the bowels, attended with pain and griping, with a frequent inclination to go to stool, are the principal symptoms in this disease. After progressing a short time, the patient has fever in the evening, the pulse being high, and the skin hot and dry.

Causes.—The causes of diarrhœa are numerous, amongst which are the following: irritating and indigestible articles of food, worms, fresh fruits, new made cider, limestone water, cold, wet feet, damp, changeable weather, &c. The disease sometimes appears as an epidemic, prevailing in the autumn when the nights are cold, after a dry and hot summer.

Treatment.—I find a long catalogue of medicines spoken of by some writers, as good in this disease; but I shall confine myself here to a part of my own experience in this malady. In mild cases, I sometimes succeed with a dose of castor oil, with twenty-five or thirty drops of laudanum for a grown person, followed with a free use of the mucilage of slippery-elm bark, and a light diet.

In more aggravated cases, I give from twenty to thirty grains of calomel, with ten or twelve grains Dover's powder, at the commencement; and after the next day, use castor oil as the disease may require. The free use of the mucilage of slippery-elm bark, or gum arabic, should be observed throughout the whole course of the disease, and the mildest diet, such as mush and milk, rice, light wheat-bread and milk, &c., should be used.

CHOLERA MORBUS.

Symptoms.—The usual form of this disease, is generally known, by almost every one, to be violent purging and vomiting. The griping is sometimes severe, and cramps of the abdominal muscles, and the lower extremities, most distressing. The thirst is great, and the water taken into the stomach is thrown up immediately. The pulse is feeble and intermitting; the hands and feet become cold; the countenance pale and ghastly; cold sweats supervene, and sometimes death soon closes the scene.

Causes.—Cold and damp, night air after hot days; *marsh miasma*; irritating articles of food, and stimulating drinks, are the principal causes of cholera morbus.

Treatment.—As this is a highly dangerous disease, I would advise the immediate aid of a good physician, if it can be obtained. If the physician is not convenient, let the patient use balm tea copiously, and give from twenty to forty drops of laudanum every fifteen minutes, until its effects can be seen upon the system. A mustard-seed poultice should be, at the same time, applied to the stomach. After the irritation subsides, so that the purging and vomiting nearly ceases, you can give one grain of calomel every hour until the discharges appear to be billious, or the disease is subdued.

FLATULENT COLIC.

Symptoms.—At first the patient feels a sense of distention and uneasiness in the stomach, which is soon followed by a distressing pain. The pain becomes more severe, and comes on in paroxysms, with intervals of comparative ease. Large quantities of air, are at times thrown up, which mitigates the pain in a degree.

Causes.—Food of an indigestible nature, is the most frequent cause of this disease. Salt meats, unripe or sour fruit, &c., &c., are very apt to produce colic in weak stomachs.

Treatment.—When the disease is slight, sometimes thirty drops of essence of peppermint, or from five to eight grains of camphor, and thirty drops of laudanum, will afford entire relief. When the pain is violent, and confined to the stomach, thirty grains of ipecacuanha, taken as an emetic, would be advisable. When the pain is in the bowels, an active dose of calomel and rhubarb should be given, or two table-spoonful's of castor oil, with half a table-spoonful of spirits of turpentine, should be taken. If this plan should fail affording relief, call on a physician.

BILLIOUS COLIC.

Symptoms.—Head-ache, loss of appetite, a bitter taste, nausea and vomiting, are the premonitory symptoms in this affection. In a short time, acute pains in the stomach and bowels occur. The abdomen becomes tender, and frequent billious vomitings take place. In the advanced stage the pulse is full and frequent; the feet and hands are, nevertheless, sometimes cold, during the pain. The eyes and skin are generally yellowish.

Causes.—A bilious habit, and the causes enumerated under the head of bilious fever, generally produce this species of colic.

Treatment.—A purgative should be the first thing in this disease; and though Dr. Eberle, (my favorite author,) prescribes small and repeated doses of calomel, until this effect is produced, my own experience is decidedly in favor of a large dose at once; say twenty-five grains of calomel, and fifteen or twenty grains of rhubarb. To alleviate the pain, I generally give thirty drops of laudanum, and a tea-spoonful of sulphuric ether, and repeat it once every hour, until the patient is relieved. Should the first purgative fail to operate in four hours, give a dose of castor oil. I have in obstinate cases, used injections every half hour, commencing three hours after giving the calomel, and continuing until an evacuation was produced. In robust patients, when the pulse is full, bleeding is sometimes necessary. I find the warm bath is also very useful in violent cases. If these remedies fail affording relief, call in a physician.

INTESTINAL WORMS.

There are several species of intestinal worms, but I shall confine myself to the common round worm, called *lumbricoides*.

Symptoms.—The general symptoms are pale complexion, with occasional flushes of heat; eyes dull, with a purple circle around the lower lid; tickling in the nose, causing the patient to pick or rub it often. Swelling of the upper lip; head-ache; tongue furred or slimy; breath foul; pains in the stomach; variable appetite; vomiting, &c., &c.

Causes.—An inactive life ; the want of sufficient wholesome food ; the abundant use of fat meat ; unripe fruit, &c. ; are productive of worms in the intestinal canal.

Treatment.—Many articles are spoken of as specifics for worms, but the best plan I have tried, is to give to a child from two to six years old, a decoction of pink root, made by putting one ounce of that herb into a pint of water, and boiling it down one fourth ; after which I divide it into ten doses, and give a dose every hour, until it is all given ; and in half an hour after the last of the decoction is given, I give from twelve to twenty grains of calomel. This generally proves effectual, but should it fail, and the child be dangerous, a physician should be consulted.

HEMORRHOIDS, OR PILES.

This complaint is so well known, that I shall confine my remarks to the treatment. If the pulse be full and frequent, bleeding will be of benefit. The diet should be light, avoiding salt provision, coffee, or any stimulants whatever ; and high seasoned food. The bowels should be kept loose by giving a tea-spoonful of flour of sulphur and cream of tartar combined, night and morning. The affected part should be bathed often in cold water, and an ointment made of two ounces of lard, and one drachm of flour of sulphur, is said to be very good to apply to the affected part. I have used an ointment made of lard, and a strong decoction of oak bark, with good effect.

JAUNDICE.

Symptoms.—A yellowness of skin and eyes, clay colored stools, and high colored urine attend this disease.—The patient is sluggish; the appetite weak; he is restless of nights; and the bowels are costive. Pain is generally felt in the stomach; and sometimes nausea and vomiting occur.

Causes.—The cause of jaundice is the obstruction of the flow of bile from the liver into the intestines, by viscid mucous stopping up the billiary duct, billiary concretions, inflammation of the coats of the duct, too great viscosity of the bile, &c.

Treatment.—The warm bath would be useful in this disease. The bowels should be acted upon by Cook's pills, or calomel and rhubarb. After purging, an infusion of wild cherry tree bark, is very good; in fact, I have known cases cured with the use of Cook's pills and wild cherry tree bark, in infusions. I once cured myself of the disease by taking one dose of Cook's pills, and taking afterwards for several days, one raw egg beat up in sugar, before each meal. The diet should be of the lightest kind. Should the above simple remedies fail, the aid of a physician should be had.

STRANGURY, OR DIFFICULTY OF PASSING URINE.

Symptoms.—Almost constant inclination to void urine, which often passes off drop by drop, with severe pain in the neck of the bladder, characterize this affection.

Causes.—The causes are many—such as excess in eating, drinking spirits, onanism, excessive venery, suppressed menses, irritating diuretics, as cantharides and others.

Treatment.—Keep the bowels loose with gentle laxatives, such as salts, cream of tartar, and drink freely of some mucilage, such as flax-seed tea, or mucilage of gum arabic, or slippery elm bark. A tea-spoonful of sweet spirits of nitre, might be added to the mucilage, three or four times a day. If this method, together with a light diet, fail to afford relief, a physician should be consulted.

ENURESIS, OR INCONTINENCE OF URINE.

Symptoms.—The urine passes off involuntarily, sometimes in abundance.

Causes.—Paralysis of the neck of the bladder, mechanical causes, such as tumors pressing upon the bladder, falling of the womb, gravel, and tumors or excrescences upon the internal coat of the bladder.

Treatment.—When the incontinence depends upon palsy affecting the neck of the bladder, the plan mentioned under the head of paralysis, should be resorted to.—In ordinary cases, uva ursi, in infusion, has been used with good effect. Dr. Eberle mentions the good resulting from the use of alum in a solution of gum arabic. The tincture of cantharides in twenty-five drop doses, three times a day, gradually increasing the dose, has been often used with benefit. Should these remedies fail, call in a physician.

HYDROPS, OR DROPSY.

Symptoms.—A dry skin, impaired appetite, considerable thirst, costiveness, or rather inactivity of the bowels, slight fever, and scanty urine, are among the first symptoms of dropsy. Swelling, in consequence of watery collections, comes on first in the extremities, and afterwards over the entire system. The countenance exhibits distress, the skin is pale; and on pressing with the finger upon the part swelled, it remains pitted after the finger is removed. There are many other symptoms not necessary to mention here.

Causes.—Among these, we may mention loss of blood, diseased kidneys, scarlet fever, measles, intemperance, suppression of the menses, &c.

Treatment.—There are several kinds of dropsy, and different plans of treatment, are of course requisite. Cathartics are almost universally used in this affection.—My own experience is much in favor of the use of cream of tartar and jalap, three parts of the cream of tartar, with one part jalap. Of this mixture, I give a tea-spoonful night and morning. Dr. Eberle speaks highly of the following mixture: cream of tartar, one and a half ounces; sulphate of potash, half an ounce; squills, two drachms; emetic tartar, two grains. Powder the ingredients, mix and give a tea-spoonful four or five times daily. I have tried this in one case with the most decided benefit. Among the diuretics, however, I find digitalis or foxglove, the best. I give the tincture three times daily, commencing with ten drops, gradually increasing the dose to forty drops, if no unfavorable symptoms comes on.

If in using this article, the head grows giddy, or the eyesight dim, the dose must be lessened until such effect ceases. In very aged people, or in broken down

constitutions, there is but little hope of effecting a permanent cure. I was recently called to a very old man laboring under dropsy of recent appearance. I gave a little medicine to alleviate the symptoms, and sent more by his son two weeks after, telling him at the same time there was no hope of a cure; and a few days since, I learned that while walking from his spring towards his dwelling, he suddenly dropped down dead. A good physician should always be consulted in a case of dropsy.

BRONCHOCELE, OR GOITRE.

This is an enlargement of the *thyroid gland*.

Symptoms—The tumor begins with a swelling on the throat, on each side of the wind-pipe, near the part vulgarly called *Adam's apple*. The swelling gradually increases in size, until the tumor becomes so large, that it extends as far out as the chin, and is sometimes as low as the middle of the chest. At first the tumor is soft and elastic, and the skin covering it loose; but eventually it becomes more firm; and though in the early period of the disease, no pain is experienced. When the swelling becomes great and indurated, occasional pain is felt in the enlarged gland. The tumor is apt to produce difficulty of breathing, and sometimes it grows internally, so as to cause difficulty in swallowing, also, great anxiety, palpitation of the heart, &c.

Causes.—Medical men differ very much about the causes operating on the human system, thereby producing goitre. It seems to have prevailed in mountainous districts in different sections of country, more than elsewhere. In the valleys of the Alps and Appenines, in

the valley of the Rhone, in many parts of Asia, in Derbyshire, Surry, and Suffolk in England; and in many parts of the United States, goitre prevails to a great extent. Some suppose that the disease is produced by the use of snow water, others that lime-stone water is apt to produce it; but it has been known to prevail where neither lime-stone or snow is common. We read of the great prevalence of this affection among persons who use river water throughout the winter. Some medical writers contend that it is produced by certain articles of food; some, that the state of the atmosphere causes it; and others that some peculiarity in the water used, is the cause. Each individual gives instances to prove the correctness of his opinion, so we are induced to believe that their opinions are mostly founded upon conjecture.

Treatment.—The principal article now used for the removal of goitrons tumors, is iodine. I have used this medicine with prompt success in bronchocele. My usual plan is to give ten drops of the tincture of iodine, twice daily, applying the same externally to the swelling, three times a day. A mucilage of gum arabic, must be freely used. A physician should be consulted.

SCROPHULA, OR KING'S EVIL.

Symptoms.—A predisposition to scrophula often exists, characterized by a languid expression of countenance, pale skin, light hair, blue eyes, large head, flat temples, peculiar liability to the effects of cold, indigestion, variable appetite, sore eyes and ears, slow growth of the body, &c., &c. Sooner or later the glands about the neck swell, and eventually suppurate and break, leaving sometimes dis-

agrecable ulcers. In the advanced stage of the disease, scabs appear on different parts of the body; the ends of the long bones enlarge, and the patient is often affected with the disease called "white swelling."

Causes.—That scrophula is a hereditary disease, I presume no one pretends to doubt, but there are other causes tending to the development of this complaint. A hot climate is apt to produce a predisposition to this affection in children, though it is more apt to become developed afterwards in a cold variable atmosphere. Persons born and brought up in North Carolina, who have removed to the cold damp atmosphere of Indiana, have become much more affected in proportion than those who have remained in this State. The impure air of populous cities, is said to give rise to scrophula. Other diseases, such as whooping-cough, scarlet fever and measles, are apt to produce it.

Treatment.—All the exciting causes must be carefully avoided. An individual predisposed to scrophula, should live in a mild, dry atmosphere, and use wholesome nourishing food, in as small quantities as convenient. All stimulating drinks must be avoided. Little flesh of any kind must be used, the person using bread and milk, soup, barley, rice, &c. Flannel should be worn next to the skin, both in summer and winter. Moderate exercise in the open air ought to be indulged, in mild weather. The air along the sea coast is the most proper for this affection. When the disease is fully developed so as to require medical treatment, a physician ought by all means to be called, as the disease is difficult to manage, and no unskilful person should attempt it.

SCORBUTUS, OR SCURVEY.

Symptoms.—Scurvey begins with lassitude, stiffness of the knees and feet, lowness of spirits, and an aversion to exercise. The countenance is pale, the skin is dry, and separates in scales on parts of the body. Dark livid spots at length appear at first on the legs and thighs, and afterwards on the arms and body. The taste is very disagreeable, the pulse weak and soft; the gums separate from the teeth, which sometimes become loose and drop out.

Causes.—The constant use of unwholesome food, especially salt animal food, damp air, anxiety of mind, a sedentary occupation, and the use of ardent spirits, are among the causes of this disagreeable affection.

Treatment.—If the patient be situated in a damp or impure atmosphere, he should remove to a healthy dry situation. He should avoid the use of salt flesh, and confine himself to a milk and vegetable diet. He should use acidulated drinks freely, such as good vinegar or lemon acid, put into water, so as to make it agreeably sour. Horse radish, onions, lettuce, carrots, cabbage, mustard, and many other vegetables, would be found useful. Milk and bread especially; buttermilk may be used freely. With regard to medicine, very little is required. Eight ounces of nitre dissolved in three pints of vinegar, and given in doses of two table spoonfuls three times a day, is a very good remedy. After the disease is subdued in a great measure, fifteen drops of elixir vitriol in half a tea cupful of water, should be taken three times a day, until the health is restored.

FURUNCULUS, OR BOIL.

These inflammatory swellings are so well known as to need no description here. While the tumor is forming, or at least in the first stage of its formation, it may sometimes be dispersed by applying a solution of sugar of lead freely to it. When it comes to a suppuration, it should be poulticed with a flax seed poultice. When it becomes so as to be opened, a free incision should be made into it. When the boil is large, the incision should be made in a crucial manner, that is, one incision made, and another immediately across it. The incision should be made deep, so as to suffer the matter to flow freely, and the poulticing continued as long as the matter flows.

TUMORS, OR WENS.

Of these I will remark, that there are some wens, as they are commonly called, that can be dispersed by mere friction; hence the superstitious belief among some people that they can be charmed off, &c. Sometimes a wen will go away spontaneously. I would advise any one having a tumor of any kind, to consult a physician immediately, as there are some kinds that may be aggravated by resorting to external application. I have sometimes succeeded in dispersing them by the application of a strong solution of sal ammoniac, three or four times a day.

I have taken off several with the knife with entire success, and in the most of cases, this is the only certain plan. If it be necessary to use the knife, it should be done without delay.

WOUNDS.

When an individual receives a wound from a cutting instrument, without dividing a large blood vessel, it is sometimes necessary to apply sutures to such a wound in consequence of the extent of it, or in common language, "to sew it up," and the sooner it is done, the better. I say it is sometimes necessary to apply a suture when a large blood vessel is not divided, because, when such accident happens, as the division of a large artery especially, a physician should be called without delay. When there is no great danger from bleeding, and the wound is two or more inches in length, any one can apply the suture, if no physician be convenient. Common flax-thread doubled, answers a good purpose for sutures. It should be put into a common needle, when no surgeon's needle can be had, and carried through both edges of the wound one inch from one extremity, the lips of the wound brought into contact, and the suture tied and cut off. The sutures should thus be applied one inch distant from each other, the extent of the wound. A portion of lint should then be applied along the wound, and Turner's cerate spread thin upon a cloth placed over it, and the wound bound up. This dressing should remain in the winter five days, and in the summer three days. It should then be removed, the wound washed with a weak solution of shaving soap, and a similar dressing re-applied twice a day, until the wound heals. When the edges of the wound are once united, the sutures may be cut asunder, and removed.

Should the wound appear slow in healing, wetting the lint after it is applied, with tincture of myrrh, will be advantageous; and when high inflammation exists, application of the solution of sugar of lead in like man-

ner, would be useful. The diet of the patient during the above treatment must be light, avoiding the use of meats, coffee, tea, and all stimulating drinks. In smaller wounds, where the suture is not required, as a matter of course, the above treatment without the suture, would be proper. Other ointments are used, as the basilicon ointment, &c., &c.

BURNS.

Various applications are recommended in burns. A mixture of lime water and sweet oil, is said to be good. Sweet oil alone I have used with prompt success. I have also used spirits of turpentine with good effect.—Plunging the burned part immediately into cold water, has a powerful effect. In extensive burns, carded cotton covered with sweet oil, and applied over the entire surface, is a very good plan.

HERNIA, OR RUPTURE.

This is an affection characterized by some portion of an intestine protruding through an unnatural opening, and forming a tumor under the skin. It sometimes occurs at the navel, sometimes in one groin, and sometimes in the scrotum of men and other places. It is caused by jumping, lifting heavy weights, wrestling, and many other things requiring violent exertions.

Treatment.—When a person meets with an accident of this kind, an attempt should immediately be made to reduce the intestine in a gentle manner. The part at

which the rupture is made, must be raised higher than any other part of the abdomen, and an attempt made with the fingers gently, to replace the intestine. If the reduction cannot be made conveniently, dissolve saltpetre, or sal ammoniac, in cold water, and apply cloths frequently dipped into the solution, to the place for half an hour, and then make the attempt at reduction again; and if you fail in this, call in a physician, as delay may prove fatal. After the intestine is reduced, it can be kept to its proper place by wearing a truss, which you can obtain by application to a physician.

PROLAPSUS ANI.

This is a protrusion of the rectum or large intestine, during evacuations from the bowels. After this has occurred often in relaxed persons, the least exertion of the abdominal muscles, will cause the intestine to come down. When the rectum comes down, it should be carefully returned, and supported by a compress and a T. bandage. This can be made by taking a strip of cloth two inches wide, and of sufficient length to go around the body above the hips, and another piece of the same width, and sufficiently long to reach from the former when round the body, down between the legs and up to the former bandage. This latter piece should be fastened to the former in the middle of the same, and the former fastened around the body. Now, a compress should be made, by folding a soft cloth two or three times. This should be wet with a solution of sugar of lead, and placed upon the anus after the rectum is replaced, after which, the tale of the bandage should be placed over the compress, drawn through between the

K

legs, and fastened to the band around the body. The compress should be wet two or three times a day. A tea-spoonful of cream of tartar, and flour of sulphur combined, should be taken night and morning. The diet should be light.

DISLOCATION OF THE SHOULDER.

A dislocation of the humerus or upper bone of the arm happens generally downwards. In order to reduce it, one person should hold the body, a second take the arm, and a third take hold of the upper part of the arm near the end of the bone that is displaced. While the two former pull with considerable force in opposite directions, the patient standing or sitting upright, and the arm in a horizontal position; the third person should raise the head of the bone and replace it properly. Another method is, for the patient and two individuals to be placed in the above manner, and a third to place a ball of yarn three inches in diameter, in the armpit, holding that firmly, while the person holding the hand, pulls forcible, until he has extended the arm sufficiently, then with a sudden jerk downwards, the head of the humerus can be thrown into the socket. The attempt should be made to reduce the bone immediately, as the least delay will render it more difficult. I once had my right shoulder dislocated, and reduced it instantly by placing my left fist in the armpit, and bringing my right hand suddenly down to my side.

DISLOCATION OF THE ELBOW.

The bones of the forearm may be dislocated in any direction. Its reduction requires three persons as the shoulder. One must grasp the arm about the elbow, a second below, both pull in contrary directions while the third replaces the bones. The arm should afterwards be supported in a sling for ten or twelve days.

DISLOCATION OF THE THIGH.

When the head of the thigh bone is pushed inward, the patient must be placed upon his back, and while two persons extend the limb, a third should force the bone into the proper place. If the bone is pushed outward, the patient should be placed upon his face. *Other dislocations* are reduced in a similar manner, but I will here remark, that if a physician be convenient, he had best be called without delay.

MORTIFICATION.

Symptoms.—Mortification from inflammation takes place as follows: the pain and inflammation subsides, the part becomes soft, and of a dark color, loses in a degree its natural warmth, and visicles appear on the skin of the affected part, filled with a yellow fluid. This is the first stage of mortification, called *gangrene*, which often advances rapidly to complete mortification, the part becoming cold, black, and senseless.

Causes.—There are many causes of mortification, but inflammation is by far the most frequent cause. It some-

times arises without inflammation by an obstruction in the circulation of the blood, by tight bandages, severe contusion of a limb, &c.

Treatment.—When we first discover that a part is disposed to mortify, if inflammation exists, we should use antiphlogistic means, such as blood-letting, agreeably to the violence of the symptoms, purging, cooling sweats, &c.; but when the inflammation abates, and the patient begins to grow weak, an opposite course should be pursued. The diet should be nourishing, and stimulants and tonics administered. Wine in quantities proportionate to the strength of the patient, with a tea-spoonful of peruvian bark, from two to five times a day, answers well in such cases. In order to procure rest of nights, ten or fifteen grains of Dover's powder should be given each night at bed time. The affected part should be washed (if a wound) with a decoction of red oak and powdered charcoal, sprinkled over the surface. I have succeeded in restoring gangrenous flesh to perfect health in a few days, by washing the part with a decoction of red oak bark, sprinkling the surface with powdered charcoal, and then applying a poultice made by thickening the decoction of oak bark with corn meal, adding a small quantity of powdered myrrh, three times a day. Some contend that charcoal is of no benefit, except to correct the disagreeable smell. My own experience has convinced me that this is not the case, but that it is one of the best external applications to which we can resort. I once had a case, about which I became alarmed, fearing mortification would take place, and called in an old physician. Notwithstanding all our efforts, the part became gangrenous. I proposed the external application of charcoal, to which he objected; and having given up the case to him entirely, I gave way.—Mortification advanced rapidly, the patient was taken out

of our hands, and all the blame was thrown upon me as the "young quack;" and the physicians under whose care the patient was placed, applied charcoal, and arrested completely the mortification. Even at this day, the question is asked by low, envious, narrow-minded men, who wish to destroy my usefulness, and trample me under foot, why I did not arrest that mortification, instead of asking why it was not done by him, who had the entire control of the case. I attach no blame to the gentleman himself for the remarks about me, as I have ever found him to be a perfect gentleman, and liberal towards the younger members of the profession.

SPINAL IRRITATION.

Under this head, I shall endeavor to treat of diseases originating from irritation of the nerves, springing forth from the spinal cord or marrow. My attention has been particularly directed to diseases of this kind, having had several difficult cases to manage; and believing as I do, that medical men have not paid half that attention to spinal diseases that they should have done. It is often the case, that the extreme branches of a nerve are severely pained, when the nerve is diseased at, or near its origin; hence it is that physicians so often fail of success in such cases. Instead of making a thorough examination, to ascertain the true seat of the disease, they will depend on information derived from the patient alone, and attempt to cure the disease without removing the cause.

Any individual can have an idea of the effects produced upon the extremity of a nerve, by an injury re-

ceived elsewhere, from the pain felt in one side of the hand and fingers, upon receiving a blow upon the ulna nerve at the elbow. When you receive a blow upon this nerve, you experience instantly sharp pain in the fingers on that side. My own experience has convinced me that there are diseases arising from spinal irritation, resembling consumption, asthma, inflammation of the liver, and many other diseases. I have a work by Dr. John Marshall, of London, in which he gives a history of several cases that come under his care, and as they are interesting, I will here give a few of them:—

“CONSUMPTION, CASE THE SECOND.

“Miss — was consulted for the first time to-day on this case, and received the following history of it from the young lady's mother. She had been very robust, and enjoyed excellent health till some less than a year ago, when, from no visible cause, she began to droop, and from that time, in spite of a variety of medical treatment which she has undergone, her health has become steadily worse. She is now for the most part, confined to bed, and the ordinary medical attendant of the family, announced it as his opinion that her complaint is consumption, and that nothing more can be done, for her recovery. I found her extremely emaciated; the complexion of a peculiarly sallow hue; lips bloodless; eyes sunk, and yet staring; countenance expressive of great anxiety and suffering; complains of stitches in various parts of the chest, and of a fixed pain covering a considerable extent in the centre of the sternum, reaching to the *scrobiculis cordis*, frequent hard hacking cough, which greatly aggravates this pain and the stitches, and is occasionally accompanied with expectoration of mucus slightly tinged with blood, great pain of the head, some.

times most severe at the occiput, sometimes across the forehead, at other times diffused over the whole skull. Night perspirations are very severe; and debility so great, that when out of bed, she snatches at each successive chair for support, as she moves through the room.

“The respiration is quick and hurried, greatly excited by motion; and the palpitation of the heart is then so violent, as almost to take away breath, the shoulders are pulled up, and the chest hollowed; cannot make a deep inspiration; the voice peculiarly feeble; catamenia reported regular; bowels rather torpid; urine scanty, and peculiarly foetid; tongue flat, yellow, and slimy at the posterior portion; pulse 120, small, and very feeble; thirst considerable; appetite very poor and capricious. Such was the state of this patient at my first visit, and few will be inclined to deny that here were very strong symptoms of phthisis; yet finding, on the most careful examination, nothing which I considered as a decisive proof of organic lesion of the lungs, I felt inclined to view it as one of long neglected nervous irritation, and therefore requested permission to examine the spine.—After considerable difficulty, this was granted. On drawing my fingers gently down the column, no pain was experienced; but on increasing the pressure, and drawing my fingers down on each side of the spinous process, no sooner did I reach the middle and lower portion of the dorsal vertebrae, than the patient winced, drew herself forward to escape from me, and complained of great increase of pain at the sternal aspect. On repeating pressure still more firmly, she gasped for breath; the pain in the breast covered a larger portion; and the cough was severely excited; at the same time a most disagreeable thrilling sensation darted down the inner side of the thighs to the very soles of the feet. The curvature

in the dorsal portion of the spine was very evident, even without a plummet.

“Satisfied that I discovered the source of all the patient’s ailments, I directed the attention of her mother to it, and endeavored to explain to her my views on the subject. The result was, that she requested me to take the case entirely under my own management. I ordered, notwithstanding the extreme debility of the patient, that eighteen or twenty leeches should be applied over the pained vertebrae, gentle friction over all the other parts of the spine, and over the whole thorax, sedulously attended to. The bowels to be regulated by a simple laxative pill and magnesia, the stomach to be treated with tonics of quinine and iron; the diet to be generous, but not heating; the recumbant posture to be preserved, unless the patient felt desirous of moving about—exercise never to be pushed to the length of fatigue. The leeches were applied at intervals of two and three days; and before a week had elapsed, the sternal pain seemed to give way, and as it were, to recede from its first situation. At each successive application of the leeches, it seemed to retreat towards the spine, at the same time lessening in severity. If, trusting to these favorable appearances, leeches were omitted for a day or two longer than usual, the pain advanced again towards the sternum, always retreating on a renewal of vigorous applications to the spine. The general health at the same time made a sensible advance, and all the urgent symptoms declined in severity. I then applied strips of blister plaster an inch broad, on each side of the spinous processes in the dorsal region, keeping them open as long as seemed prudent, then allowing them to heal; opened them again a little farther up or down the column, occasionally alternating them with leeches. The

progress of the case under this mode of treatment, was by no means steadily onward. It seemed at times to stand still—at others, almost to recede, instead of advancing. Nevertheless, when I considered that hectic was subdued, the cough abated, and the flesh improving, I would not allow myself to despair. As summer advanced, I sent her to the mildest and most inland situations that could be selected, for change of air; and, as in all cases of nervous irritation, this produced a most beneficial effect—she returned home in high spirits, greatly increased in flesh—and every thing in her case, wearing a favorable appearance.

“By the end of July, every symptom of phthisis having completely disappeared, she was sent to the island of Bute, where she enjoyed sea-bathing for several weeks, rapidly progressing to a state of perfect health. On her return home, it would have been difficult to recognise in the blooming, plump, young woman she appeared—the same emaciated, and to all appearance, dying person, I beheld at my first visit in February.

“Our profession is an arduous one. It has beyond all others, its days and its nights of unmitigated toil, and intense anxiety; but there is no denying that it also has its moments of heartfelt satisfaction, and benevolent enjoyment no other profession can boast of.—This young lady has continued to enjoy uninterrupted health; is married, and I believe a mother.”

“ CONSUMPTION, CASE THE THIRD.

“ Miss N., aged 17. This young lady had been in delicate health from the thirteenth year, when she had a sore throat, accompanied with enlargement of the submaxillary, and the parotid glands. This left her extremely emaciated, and with a constant tendency to catarrhal symptoms, such as a short dry cough, pain of the chest, and slight feverishness, on the least exposure to cold. The greatest care to ward off these attacks, had been taken by the ordinary family attendant, and by her mother, who was a very sensible and experienced person. Notwithstanding all their efforts, however, she was, when first placed under my care, in April, 1832, labouring under many symptoms of incipient phthisis, rendered the more alarming by the circumstance that five or six of her paternal aunts and uncles, had died of that malady. She complained of extreme languor and aversion to move; loss of appetite; acidity of the stomach; pain of the chest; cough; breathlessness on taking the least exercise, particularly on going up stairs; and severe night sweats. The voice was feeble and shrill; the shoulders drawn up, and the head poked forwards; the left shoulder lower than the right, shown by the dress invariably hanging off that side. The bowels were very torpid. The face was extremely pale, but not sallow; the lips colourless, and the eyes sunk, the pupils greatly dilated, showing the peculiar amaurotic symptoms I have so often mentioned. I examined the chest with the greatest attention, but found nothing to countenance the apprehension of phthisis. On examining the spine I found the whole of the dorsal vertebræ tender to the touch, firm pressure on them exciting a very marked increase of the sternal pain, and spasmodic gasping, and continued palpitations of the heart, rapid respi-

ration, sickness at stomach, and disposition to faint. Duly considering the hereditary predisposition to phthisis in this case, my prognosis to the relations, was a very guarded one. The mode of treatment ordered was nearly similar to that in case the second, and I am most happy to say, it was in all respects equally successful. At the end of autumn, the young lady returned from sea-bathing, in excellent health, though wearing a delicate aspect and complexion. By degrees those too disappeared, and I had the great satisfaction of seeing her recover flesh, strength, and robust health."

"ASTHMA, CASE THE FIRST.

"On the evening of 9th January 1829, I received a hurried call to A. H., the son of a respectable farmer, a stout lad, fourteen years of age, accustomed to constant out-of-door work. The message bore that he had been suddenly seized with croup. On my arrival, I found him sitting at the fireside quite composed, and was informed that the attack had gone off as suddenly as it came on.

"The face, however, retained the appearance of a recent and a violent struggle, being swelled and bloated, with streaks of a livid hue. The eyes looked starting from their sockets, and the *conjunctive* was suffused, the respiration hurried, pulse quick. From these appearances, joined to the description given of the attack by those who witnessed it, I was convinced that it had not been one of croup, but of spasmodic asthma. On requesting him to strip, I found the chest well formed and developed, and percussion excited no uneasiness whatever. On proceeding to examine the spine, my hand no sooner came in contact with the second, third and fourth dorsal vertebræ, than it elicited a

gasp from the patient, like that caused by a sudden plunge into cold water, and he complained that it seemed as if it would cause a second attack, of all his previous sufferings and breathlessness. I could not, however, repress my curiosity to repeat the experiment, and did so several times, invariably with the same results. There was not the slightest displacement or twist of any of the vertebræ, nor did the same pressure that caused the gasping, cause any pain to the parts. The whole column was apparently healthy. Satisfied that I had discovered the source of the spasmodic attack, I ordered two dozen of leeches to be applied over and around the spot, where the pressure occasioned the gasping. Those to be applied every few days, and if the attack of asthma did not cease to return, blisters to be applied, and kept up as an issue. The bowels to be kept open by mild purgatives, combined with tonics of iron and quinine. Under this treatment, the attack of asthma declined in violence and frequency; and in two months, the boy was restored to perfect health. He grew very rapidly during this time and immediately after; has, as far as I know, never experienced any recurrence of asthma, and is remarkably hale and robust."

" DISEASED LIVER, CASE THE FIRST.

" J. R.—, aged 29, a cook in a gentleman's family in Greenock, has hitherto enjoyed good health, consulted me in consequence of extreme debility, which renders her unable to move about or take the least exercise. If she walks a little distance, or ascends a light stairs, the fatigue is so intense as to oblige her to sit down every two or three minutes; her heart palpitates violently, the breathing becomes rapid and oppressed, and faintness frequently supervenes. She complains of a short dry cough,

pain in the chest, from the sternum extending round the sides, loathing of food, and constant acidity of the stomach. Voice weak and husky, talking a few words completely exhausts it so, that she stops and breaths hard. Her appearance has in a few months altered from that of a stout athletic woman, with a clean, blooming complexion, to the emaciated appearance of disease, the skin exceeding jaundiced, the eyes languid, pupils dilated, bowels torpid, urine scanty, of a peculiar odour, depositing red sand on cooling, pulse quick and feeble. Catamenia regular. Has felt her present ailments coming on for some months, but cannot state any particular cause for them. Consulted the family attendant of her master; he gave her some medicine, which she supposed was calomel, as he told her that the jaundiced appearance of her skin showed that her complaint was in her liver. Derived no benefit from the medicine. On examination, I found nothing to countenance the idea that the liver was the seat of disease, but I found lateral curvature of the spine, which threw it nearly an inch and a half from the perpendicular line at the centre of this dorsal region; pressing down the sides till they approximated to the *ilium* on the right side, so as probably to occasion functional disturbance of the liver, and give rise to the jaundice of the skin. The pain on pressure, was not so great, as the magnitude of the curve would have led one to expect. Pressure down each side of the spine, caused a deep sob, and very marked increase of uneasiness for the moment. I ordered treatment similar to most of the cases already detailed. That she might be attended without difficulty or interruption, she left her situation, and went to her father's house, where I attended her three or four months. Her convalescence was tedious, but very satisfactory; and before I left port Glasgow in May, 1834, her health was quite restored."

“DYSPEPSIA, CASE THE FIRST.

“——, a young lady, aged 12, tall of her age, and slender; dark eyes, hair and complexion; complains of constant acidity of stomach, disinclination to food, amounting to nausea; acid eructations, accompanied with pyrosis, and what comes up, is occasionally so sour as to set the teeth on edge; constant languor, and aversion to exercise; frequent head-ache, and fits of the most unaccountable dejection, and irritability. The bowels are torpid, the tongue foul, breath peculiarly foetid of a morning, pulse low and irregular, flesh and color altered very much for the worse. One uncommon symptom, is a constant craving for acids, so that it required considerable attention to prevent the child from drinking up vinegar or sucking lemons, whenever she can by any means procure them.

“Observing that this young lady’s dress constantly hung off the left shoulder, I was induced to examine the state of the spine, and found it exhibiting a double curvature, the true italic *f*, with a very well marked gibbosity of the ribs on the right side, and great tenderness to touch in the cervical and dorsal vertebræ. I ordered that she should be confined to the recumbent posture, on a hard couch, with a small hair cushion strapped over the gibbous ribs, so as to produce gentle pressure when she lay on that side. All school tasks to be given up, and the child’s mind kept as easy and as much amused as possible. Very frequent and long continued frictions with stimulating liniments, exercise in the open air at stated intervals, to be increased as the strength revives; and a certain portion of vinegar to be allowed with the child’s dinner, the only meal she ever takes with a relish. Under this mode of treatment, the patient’s

recovery was satisfactory, and she is now a remarkably healthy and handsome woman.

“Two things are remarkable in this case—the one is the apparently depraved desire for acids, which literally proved to have been “the voice of nature supplicating for relief,” for, from the time she was allowed the free use of vinegar, the extreme gastric irritation was allayed—and the other is, that she subsequently confessed having received severe blows on the dorsal portion of the spine, in the act of swinging; some so severe as to produce nausea at the moment.—I think there can be no doubt entertained that these blows were the original cause of the nervous irritation productive of the dispeptic symptoms. The catamenia was not established till her sixteenth year, and then without any constitutional disturbance.”

“ST. VITUS' DANCE, CASE THE FIRST.

“C. H., aged 23, a fine formed, remarkably blooming girl, was placed under my care in November 1823, in consequence of inflammation and tumefaction of the left knee joint, which caused great pain to the parts, but little or no constitutional disturbance. Over the patella, a tumor formed, which I punctured, and it contained pure serum. Wet sponge and a roller, as recommended by the late Mr. Allen, in his ‘System of Surgery,’ were used with the happiest effect. The fluid did not re-appear, and the joint remained free from disease, though for a considerable period, it felt weak and tender on any unusual exertion. She continued to enjoy good health till January 1825, when she complained of an indescribable, but most painful sensation in the head, causing giddiness, dimness of vision, loss of memory, and impeded articulation. When called to her, I found the

eyes dull and languid ; the countenance most particularly vacant ; the temper, formerly the most gay and cheerful in the world, altered to sudden, reserved, melancholic. The motion listless and slow ; the flesh and muscular power greatly reduced. The appetite was bad, the bowels torpid, pulse quick and small, heat of surface natural. Whenever the question was asked by those around her, what caused so great mental depression, she replied in the most mournful voice, "the apprehension that the disease in the knee will return, and render me incapable of gaining a livelihood, who have no home." Always when thus speaking, and sometimes even when silent, it was remarked that she often shook her head in a most extraordinary manner. It soon became evident that these motions of the head were involuntary.

"The attacks were sudden, and occurred on any mental excitement. The chin was jerked from one shoulder to the other, with rapidity. The violence was no less remarkable than the rapidity. During these paroxysms, she was quite unconscious of all surrounding sights or sounds. The medical treatment varied from time to time, as I found successive remedies fail. In January, purgatives, and free applications of leeches to the forehead and nape of the neck, the head shaved, and cold applications kept to it. In February, the bowels kept open by mild laxatives ; valerian with oxide of zinc, in powerful doses, twice a day. On the 22d, the whole head was blistered. On the 27th, she was bled from the arm, and on the 28th, an issue was opened on the posterior fontanelle. I then tried her with opiates. On the 15th of March, I inserted a seaton in the neck, over the uppermost cervical vertebræ, and as much to my surprise as gratification, I found this remedy succeeded in arresting, and finally curing this disease. In the course of a few days, the involuntary motion of the head ceased, but as the strength and flesh was severely reduced, it required

great care and attention ere the patient was restored to health. Frictions along the whole spine; change of scene, and sea-bathing contributed most materially to this end, but she never recovered her robust appearance, and fine complexion. In 1832, this patient married, and passed through eight months of her first pregnancy, without any unusual occurrence; she then experienced a sudden attack of the involuntary motion of the head, which ceased in an hour, and she was delivered of a dead child. She met with a second accident of the kind, but by change of scene, sea-bathing, and frictions over the spine, she has this year had a living child."

The foregoing are some of the cases described by Dr. Marshall. His writing shows that he devoted much attention to cases of spinal irritation; and if the young self-important physicians of the present day, would spend less of their time in boasting of their vast acquirements, and of having listened to a few lectures in Philadelphia, and devote their leisure hours to the study of the human system, and the diseases to which it is liable, there would be fewer incurable diseases; and they would show to the world what they had accomplished, instead of appearing before the public with open blandishments, declaring with the vanity of a Paracelsus, what miracles they can perform. When I am called to any case that assumes an unusual appearance, attended at the same time with much nervous irritability, I depend not upon the description given me of the various symptoms by the patient, but carefully examine the whole extent of the spinal column, or back-bone, by placing a finger on each side of it, and pressing more or less firmly, agreeably to the tenderness that may exist every half inch through the length thereof. I often find some particular spot externally tender to the touch, though at other times, especially in cases of long standing, the nervous affection seems to be diffused

throughout the system; and no one spot along the spine more sensitive than another. Even in some cases of the latter kind, I have successfully resorted to applications over the spine, together with tonics and antispasmodics. In affections of this kind, various plans of treatment have to be pursued agreeably to the symptoms that may be developed. I place great confidence in external stimulating applications over the spine. In mild cases, the use of the volatile liniment, answers well; in more violent cases, I resort to blistering with tartar emetic ointment, by rubbing it over the affected part three times daily, until pustules or blisters appear over the surface. In cases of a still more violent nature, I find the introduction of a seton necessary. The seton introduced in the affected part, I find the most effectual as an external irritant. With regard to the internal use of medicine, the same articles will not answer in every case. I have sometimes found it necessary to give an active dose of calomel in the commencement of the disease, to remove the billious matter from the stomach, and to produce some effect on the liver; though I am opposed to much use of mercury in any form in a disease of this kind. Salivation, or even a persevering use of the blue pill, without producing the mercurial influence, I consider decidedly pernicious. In fact, I am convinced that I have seen three cases of spinal irritation, which were produced by excessive salivation. In all cases, costiveness must be obviated; but this should be done with the use of calomel, if possible. If the patient cannot rest of nights, ten grains of Dover's powder may be given at bed-time, about every third night—but this medicine or any other containing opium, ought not to be used, unless the patient cannot well do without it.

I have found more benefit to result from the use of tonics and antispasmodics, than any other articles; and

the following combination has answered well in the most of cases that have come under my care. Take one ounce of sulphate of iron, one ounce of gum asafœtida, one ounce of myrrh, and half an ounce of gum aloes—powder these ingredients, and put them into one quart of spirits. In three days it will be fit for use. Of this a tea-spoonful must be taken three times a day by an adult. In some cases, I combine equal quantities of sulphuric ether, and tincture of castor, and give a tea-spoonful at ten o'clock in the morning, and one at three in the evening, while using the above mixture of sulphate of iron, &c. Cases attended with much spasmodic symptoms, I have found to require the use of ether and castor. Those cases accompanied with symptoms of dyspepsy, should be restricted to such diet as prescribed under that head; but in the majority of cases, but little restriction in diet is necessary in cases of spinal disease. Exercise must be moderate, and regular. The patient must retire to bed early, and rise early and walk out, if he be able, and take morning air. Bathing the feet and legs in warm salt water every night at bed-time, I have found useful. Exposure to wet and cold, must be avoided, and nothing done to ruffle the mind.

In October 1841, I was called to a lady between thirty and forty years of age, who had been gradually losing her health for some thirteen or fourteen years, and for ten months previous to my having been called to see her, had been mostly confined to her bed, and under the care of two excellent physicians. They had supposed her laboring under a disease of the liver a part of the time, and had accordingly given her the blue pill, without, however, producing any mercurial influence.—Emetics had been freely administered, for what intention I could never imagine. Blisters had been applied to the back of the neck (in order to remove an involuntary con-

traction of the muscles of that part, which drew the head forcibly back) without producing, however, any beneficial effect whatever. I found her confined to her bed most of the time—complained of dull pain in the right side, extending occasionally to the top of the shoulder, and sometimes in the breast and neck. The muscles of the back of the neck were so violently contracted as to jerk her head backwards, and she had no power to bring it forward without the assistance of her hands. The muscles of the face were also affected, so that the eyelids were often suddenly closed, the upper lip drawn up, &c. The lower limbs and one arm, were somewhat paralyzed—the patient complaining of numbness of those parts.—The pulse was weak and quick, and the bowels constantly constipated. On examining the spine, I found a slight curvature or crook between the shoulders. I found a spot a little below this curvature very tender to the touch, and another in the small of the back.

Finding her bilious, I gave her an active dose of calomel and rhubarb, at the commencement. I introduced at different times three setons in the affected part on the back, and had the volatile liniment applied to the spine also, and to the breast. I gave the aloes, myrrh, asafœtida, and sulphate of iron, as heretofore recommended, only that I gave it in pills, instead of tincture. She also took occasionally the tincture of castor, and that of asafœtida combined—and I varied the tonic plan occasionally, by giving quinine and elixir vitriol. I had the extreme satisfaction of seeing her in five months restored to perfect health. Soon after I discharged this case, I was called to a boy eight years old, who had been treated some months for worms, by a respectable physician. When I arrived, I found him greatly emaciated—his lower extremities in constant motion, and whenever he walked, he was continually rubbing the

small of his back, with one of his hands. I saw not the first symptom of worms, but pronounced it at once a case of spinal disease. I adopted a similar plan of treatment to that pursued in the first case, and in four or five months he was restored to a fine state of health, which has continued up to this time so far as I am able to learn.

It seems that the older physicians paid but little attention to the spine, in searching for the seat of the many chronic nervous affections with which man is afflicted.—I am firmly of the opinion, that at least one half of the chronic nervous diseases of this country, originate in the spinal marrow; and that the reason why such cases so often defeat the attempts of the physician to cure them, is, that he treats them empirically, not sufficiently understanding the nature of them, to treat them otherwise.—I find but few physicians that appear to know anything about affections of the spine. Some of them have even sneered at my remarks on this subject, and consider me almost a *monomaniac* about it. I care not for the scoffs of such men. If I am in error, why is it that I in my ignorance succeed in cases that appear unmanageable in the hands of others? I do assert that I have just grounds for the opinion, that many of my suffering fellow mortals have been suffered to linger, for years, in pain and distress, in consequence of physicians not seeking and finding out the true nature and source of disease. I talk with some physicians, who seem to have reflected some little on diseases of the spine—others laugh at my opinions, and others in their profound ignorance and stupidity, stare at me like perfect fools, who know not whether the nerves have their origin in the brain and spinal marrow, or in the *marrow of the shin bone*.

I was called to a case last winter, some miles from home, which had been under the care of some three or

four physicians for four years. The lady, instead of having received any benefit from these professed medical men, had grown gradually worse, and was now confined to her bed. The day on which I visited her first, I happened to be in a crowd previous to seeing her, and one of her medical attendants was present. Passing through the crowd, I heard this *doctor* ask one of the lady's friends, how she was. The gentleman replied that he thought she was better, or at least she was more composed. The learned *doctor*, with a long face, and knowing look, drawled out,—“*well, the mind is the main thing with her; I think if her mind was satisfied, she mout soon be up.*”

When I arrived at her dwelling, I found her very feeble, and greatly emaciated—subject to spasms, affecting the extremities; frequent attacks of palpitation of the heart; difficulty of breathing, and many other disagreeable symptoms. By the use of the volatile liniment, and tartar emetic ointment along the spine, I succeeded in allaying the extreme irritation that existed in that part of the system; and a curvature which existed in the spinal column, was entirely removed in a few weeks. She took from twelve to fifteen grains of carbonate, or rust of iron, three times a day, with an occasional dose of tincture of asafœtida, and sulphuric ether. As she was somewhat dyspeptic; I restricted her to light diet—and a part of the time she took the pill for dyspepsia, mentioned in the list of compounds in this work. In the course of four or five months, she was in good health and has so remained. Here was a young lady treated empirically for four years, when the slightest examination of the spine would have convinced any man of ordinary judgment, that in that part was the seat of the affection. Instead of that, her physicians had been pouring their medicines into her, without knowing

for what purpose they were giving any one article—at the same time crying out that there was but little the matter, except dejection of mind. It is truly astonishing that any gentleman well acquainted with the nervous system, will attempt to manage a nervous disease, for months, without endeavoring to ascertain the seat of the disease, acknowledging his ignorance of the true nature of the affection. Many an unfortunate being suffers for a number of years, from spinal irritation, and still more from the mismanagement of his case by a physician attempting to cure him, and is at last doomed to spend his few remaining days unable to move about, and sinks into a premature grave.

I was called to a gentleman in February 1843, who had been for seven years treated for a diseased liver, by a physician in whom he placed the most implicit confidence. I found him laboring under a disease of the spinal cord, with the most considerable curvature I ever beheld. His liver was sympathetically affected, and his limbs were affected as with the rheumatism. I learned that just before he was first taken, he received an injury by a fall backwards, in which his back got a severe blow. On examination, I found a sensitive spot five or six inches long, just below the curvature. I introduced a seton in that part, and prescribed the sulphate of iron, *asafoetida*, &c., as heretofore mentioned, and in four weeks, he was able to walk two miles to see a friend. His health improved rapidly for some five or six weeks, when he happened to meet with his former physician, who in his profound wisdom, told him that there was no such disease as the one for which I was treating him, and he accordingly abandoned the use of medicine. He is yet living, but is a miserable spectacle truly, and will never be cured.

ANEURISM.—ENLARGEMENT OF A PART OF AN ARTERY.

This affection is characterised by a tumor or swelling, produced by an enlargement of some part of an artery. Sometimes the tumor is of an oblong form, the body of the artery being generally dilated for some distance; at other times the tumor is almost round, caused by one coat of the artery being ruptured, and the others distended. The tumor pulsates or throbs simultaneously with the action of the heart or beating of the pulse. The swelling is generally unattended with any pain. When the swelling increases to much extent, the throbbing can not be distinguished.

Causes.—An aneurism seems to be produced by the coats of the artery at that particular point, being weaker than elsewhere. This may be caused by a bruise, strain or a violent extension of the artery in any way. It has been often produced in unskilful bleeding in which the artery is wounded. Many persons who pretend to understand bleeding, bleed immediately over an artery, and by introducing the lancet too deep, cause it to wound the artery. This is often done by bleeding in the arm. Those whose self-conceit prompts to undertake to bleed their neighbors, without any knowledge of the human system or disease, and who are so stupidly ignorant as not to know their imperfection, ought always to examine the part of the vein which they intend to puncture, and should they feel the pulsation of the artery beneath, they should omit bleeding in that part by all means, as it would be attended with much danger. The best advice however, I can give these *natural bleeding machines* that infest our country, is for them to exchange their lancets for Webster's Spelling Book, and commence the study of it, so as to be capable of distinguishing between an *artery* and a *muscle*. Many

an arm, yea many a life would be saved, did such men know themselves aright, and would cease to tamper with the human system.

Treatment.—The cure of a small round aneurism may be attempted by compression. A piece of lead made thin by hammering, and of sufficient size only to cover the tumor, applied to it, covered with a pledget and bandage, will sometimes prevent an increase of the swelling, and even effect a cure. Should this, however, fail, a surgical physician should be called without delay.

FISTULA IN ANO.

With the ancient medical writers this disease was represented as an opening near the anus surrounded by a callous or long edge; but subsequent experience has shown that there are openings often attended with no callosity whatever, and therefore the term “abscess” is much more appropriate.

Symptoms.—Abscess of the anus or near that part is often preceded by pain, chills, fever, &c. A part near the anus will become swelled and hardened, assuming in a short time a red appearance, and eventually matter is formed. The febrile excitement is often very great, and the pain severe; the tumor being tender to the touch. When suppuration however takes place, the fever subsides, the pain ceases, and the patient becomes entirely easy. After an indefinite period, the tumor will burst and discharge matter or pus. When the opening extends from the external part contiguous to the anus, into the rectum or large intestine a few inches up, so that the pus is discharged both by the external opening in the skin, and the anus, the disease is termed the *complete fistula*; but when it does not

affect the rectum, it is called *incomplete*. The above is a brief description of the common abscess occurring near the anus, but there are many variations in the symptoms, a full description of which, would exceed the limits of this work.

Causes.—Persons who are very fleshy are liable to this affection; costiveness will sometimes tend to produce it, by the passage of the hardened *feces* or excrements producing irritation, and eventually inflammation. The disease also arises from piles, by one of the tumors becoming inflamed, and afterwards suppurating.

Treatment.—Any attempt to prevent suppuration in a swelling of the above kind would be fruitless. An emmollient poutice of some kind, such as that made of light wheat bread and sweet milk, or of flaxseed, ought to be repeatedly applied to the part, until the skin is almost ready to burst. If the pulse be full and frequent, blood may be drawn from the arm until some impression be made upon the force of the pulse. An occasional dose of castor oil may also be given, agreeably to the strength of the patient. If difficulty of passing urine occur, the patient should take a tea-spoonful of spirits of nitre, occasionally, and use freely the mucilage of gum arabic, or slippery elm bark. When the intestine is not affected, a free opening made into the tumor, after it is in a situation for opening, will sometimes effect a perfect cure. In performing this operation, the lancet should be introduced sufficiently deep to reach the matter, and an orifice cut in the skin, so as to extend as far either way as the matter beneath. After an opening is made, any person can easily ascertain whether the rectum be affected, by the introduction of a probe into the abscess, and at the same time that of one finger into the rectum. If the probe enter the rectum, or be distinctly felt by the finger, shewing that the intestine is bare at that part, a good physician should be called without delay.

When the skin on a swelling of this kind is of a dark purple color with but little sensibility, the pulse at the same time irregular and feeble, extreme debility of the general system, &c., there is much danger, and a skillful physician should be had if possible.

SCIRRHUS, OR CANCER.

The word scirrhus, is sometimes given by medical men, to cancer; and sometimes to that stage only which precedes ulceration.

Symptoms.—A cancer, usually commences with a small swelling or tumor, which is at first hard and moveable, producing no change in the color of the skin. At length, the tumor, as it increases, becomes immoveable, by adhering more to the skin. Lancinating pains are now felt, occasionally darting through the tumor with the speed of electricity. The veins about the tumor become varicose, and can easily be discovered through the skin. The tumor eventually breaks out into an ulcer, discharging an offensive matter.—The disease has a tendency to spread, corroding or eating away the flesh as it progresses.

Causes.—A cancer may be produced by a blow on some particular gland. Tumors that are at first only *scirrhus*, have been aggravated by empirical remedies, until they have become *cancers*. Caustic or stimulating applications, have a tendency to produce this effect. Those vile impostors, called "*cancer doctors*," that are to be found in some sections of country, often convert the most indolent tumors into cancers. Luxurious living is said to predispose to cancerous affections.

Treatment.—When a tumor of the foregoing kind has become really cancerous, I consider there is no possibility of a

cure in any other manner than by the use of a knife—and even that will prove ineffectual, if the system has become affected with the disease. Though we may succeed in removing the original cancer, and healing the wound, the disease is apt to seize upon some other gland in a short time. When a gland becomes obstructed by a blow or any other cause, and becomes inflamed, the patient should be bled, if the pulse be strong and frequent, and take an occasional gentle purgative. He should also restrict himself to light diet. The injured gland must be poulticed with some emollient poultice. By such precautionary means, a cancer may be prevented. After the disease becomes cancerous, or even scirrhus, no attempt should be made to effect a cure, without the aid of a good physician.

CHILBLAINS.

This is an affection arising from cold, and generally affects the extremities.

Symptoms.—The part affected becomes red and swelled, and is attended with an intolerable itching, especially when it becomes warm. Sometimes the swelling is considerable; the skin assumes a bluish color, and the heat and itching are so violent, that the patient cannot use the affected limb. In very severe cases, small vesicles appear, which in a short time burst, and leave excoriations, which sometimes degenerate into ulcers extending down to the bone, and discharge a thin acrid matter. If neglected or mismanaged, the entire flesh, for some distance, is destroyed to the bone.

Cause.—Chilblains are generally produced by applying warmth suddenly to a part that has previously been exposed to great cold; hence those parts of the body that are liable to sudden transitions from cold to heat, are usually af-

fect. The toes, heels, fingers, nose, lips, and ears, are peculiarly liable to chilblains, by persons who are suffering with cold in those parts, rushing to the fire when they enter a house and warming too suddenly.

Treatment.—In mild cases, rubbing the affected part with snow three or four times a day, or bathing as often in very cold water, will answer to remove the affection. After bathing or rubbing a few minutes, the part should be wiped dry, and wrapped in flannel. Alcohol, strong vinegar, and a strong solution of alum, have been used in some instances, as external applications, with good effect. When the patient is averse to cold applications, the above stimulating applications may be used. One part of tincture of cantharides, with six of the soap liniment, has been successfully used externally. When suppuration and ulceration takes place, lime water, warm vinegar, or the tincture of myrrh, may be frequently applied, and a soothing ointment should afterwards be used. Should the flesh become dead, and begin to slough, a good physician should by all means be called in, without delay.

PARACUSIS, OR DEAFNESS.

Symptoms.—Deafness is generally preceded by a peculiar humming noise in the ear. Sometimes the patient fails to hear words that are spoken, or any other sound distinctly; at other times, he imagines that he hears sounds, that in reality he does not hear.

Causes.—Deafness may be produced by loud noises, such as firing a cannon near the head. It may also be caused by violent colds, hard wax, a deficiency of the same, and paralysis of the auditory nerve. Other diseases, such as fever, venereal, &c., may be productive of deafness. Some

persons are deaf from birth, in consequence of some defect in the original formation of the ear.

Treatment.—This of course depends much upon the original cause. In cases produced by cold, especially when there is a considerable discharge from the ear, I have succeeded very well by syringing the ear three times a day, with shaving soap suds, and afterwards putting a small lump of cotton, wet with sweet oil into the ear. Sulphuric ether, dropped into the ear, has sometimes had the happiest effect in removing deafness.

When deafness arises from insects creeping into the ear, warm water may be thrown into the ear, at the same time turning it downwards so that the water may again pass out. Any insect that may have entered the ear, will be apt to creep out as the water flows. Worms are sometimes generated in the ear, and can be destroyed by infusing tobacco in the oil of almonds, and afterwards dropping a few drops into the ear occasionally, and introducing a bit of cotton afterwards to retain it. If the above means should fail to afford relief, a physician should be called without delay.

ECTROPIUM, OR TURNING OF THE EYELID.

Symptoms.—The eyelid in this singular disease is sometimes completely turned so that the lining is outside. From being thus exposed, the lining of the eyelid soon swells, and becomes inflamed. The tears flow continually over the cheek, and the eye is much affected with the light.

Causes.—Swelling of the lining of the eyelid causing ectropium, is produced by a natural laxity of the membrane, increased by inflammation, &c. Persons affected with scrophula are liable to this affection. A physician should be consulted in such cases.

ECCHYMOSIS.

Symptoms.—This is a slight swelling, with a dark livid, or blue color of the skin, produced by extravasated blood beneath, and is generally called a *blood blister*. Though usually a trifling matter, it is sometimes necessary to resort to prompt treatment for a removal of such effects.

Cause.—An ecchymosis is produced by blows and bruises, the extravasation sometimes taking place soon after the accident, at others not until some hours have elapsed.

Treatment.—The practice of opening a blister of this kind, is generally improper, as by the admission of air, that portion of the blood which remains, soon putrefies, producing inflammation and suppuration.

The better plan, is, to take one or two doses of salts, agreeably to the extent of the injury; and apply to the part affected some stimulating application, such as warm vinegar, the volatile liniment &c. When, however, an ecchymosis is very extensive, causes much swelling, pain, and suppuration, a free incision ought to be made into the tumor, so that the blood may be discharged. I have sometimes known the blood to be drawn from a tumor of this kind, and all the soreness removed in a short time by introducing a lancet or knife half an inch from the edge of the extravasated blood, and pushing it just beneath the skin until it enters the collection of blood, the blood thus passing out at the opening. Pressing the blood through a channel of this kind, is much better than to make the incision immediately into the affected part.

EXOSTOSIS, OR A GROWTH OF BONE.

Symptoms.—This affection which generally attacks the bones of the skull, the lower jaw, breast-bone, and the bones of the arm and leg, is known by an enlargement of the bone or a tumor growing out of the bone. Sometimes the entire bone is enlarged, at others, a circumscribed bony substance grows on one side of the bone only, resembling an affection among horses, generally known by the name of "*splent.*" Sometimes the tumor is of solid bone, but often it is composed of spongy bone. Considerable pain often attends an exostosis while growing, especially those of quick growth. When the growth is extremely rapid, it is apt to affect the entire system, producing considerable fever, loss of appetite, &c. After the tumor ceases to expand, (as it sometimes does,) it is generally free from pain.

Causes.—The causes of exostosis are not satisfactorily understood among surgeons, even those of great eminence.—Some attribute it to internal causes, such as venereal, scrofula, &c., while others contend that those diseases do not increase the liability to bony tumors. It is evident that some persons are much more liable to this affection than others. A blow received by one individual will produce an exostosis, when a similar blow on another will cause nothing of the kind. I knew a case produced by a blow received on the lower jaw from a fall in wrestling. Mr. Abernathy, a celebrated surgeon, speaks of having seen a boy, who was so afflicted with a predisposition to exostosis, that a very trifling blow on almost any bone of the body, would produce a bony excrescence.

Treatment.—When an exostosis is attended with much pain, the application of camphor and laudanum combined, would be beneficial. A poultice of flax-seed, to which a little opium is added, would also be good. The volatile

liniment, mercurial ointment, and ointment of iodine, are recommended. As internal remedies, iodine and mercury are the only remedies much to be depended upon. A good physician should be consulted as to the propriety of using those articles. When an exostosis has ceased to enlarge, is productive of no pain, and is not so large as to be of great inconvenience, no attempt should be made to remove it by a surgical operation—but if it be painful, increasing in size, or occasion much deformity, it would be best to have it removed. A good surgeon should be called upon to perform the operation.

FUNGUS HÆMATODES.

This is one of the most alarming diseases to which a human being is liable, and seldom admits of a cure in any other manner than by removal of the part affected, with the knife.

Symptoms.—As the name implies, a tumor of this kind is a fungus excrescence, resembling blood, or a bleeding fungus. It sometimes arises from an ordinary wen, or tumor, which at first may have been simple; but by exposure and ulceration, assumes a malignant form, throwing out fungus, or prond flesh, which is liable to a discharge of blood, more or less frequent and profuse. The term *hæmatodes* cannot be strictly applied to any tumor, unless a discharge of blood does take place from such tumor. A fungus hæmatodes, is of a dark color, resembling coagulated blood, the consistence soft, and of a sloughy appearance. On being injured, it is apt to bleed at first but slightly, and often becomes very profuse, and cannot be arrested. The vessels in the diseased mass, seem to have lost their power to contract—hence the bleeding cannot be controlled. The tumor will

often grow to an enormous size in a short time, though generally, a bleeding fungus is not large. If the diseased part be removed superficially, it will again form with the utmost rapidity, and increased malignancy.

Some writers apply the term *fungus hæmatodes* to all tumors that become fungus, while others even consider a tumor of almost any kind, that has not ulcerated itself, *fungus hæmatodes*. I recently saw a scrofulous enlargement of the knee, that had no appearance of ulceration, or of fungous flesh, that was pronounced by the medical attendant "*fungus hæmatodes*."

The disease generally attacks the eye, one of the limbs, the testicles, or the female breast, though other parts have been known to be affected.

Treatment.—No external applications can possibly be of any benefit to a tumor of the above kind; neither will an entire removal of the morbid mass be calculated to do any good. The early removal of the affected member, is the only method of curing this shocking disease, and this often fails. An early application should be made to a skillful surgeon.

HÆMATOCELE—SWELLING OF THE SCROTUM.

Symptoms.—The scrotum (or sack containing the testicles) becomes swelled from a collection of blood within.—Sometimes the spermatic cord only is affected with hæmatocele, and sometimes the blood will be extravasated within the coat of one testicle, so that it will only be enlarged.

Causes.—Hæmatocele is sometimes produced by an operation for hernia; it will also occur after an operation for hydrocele. The disease has been known to occur after castration.

Treatment.—The patient ought to keep his bed, and the swelled part should be supported by a cushion adapted to the case. If the part be painful, warm fomentations can be applied to it. After the pain has ceased, the absorption of the blood can be promoted, by frequently washing the affected part, with a strong solution of sal ammoniac, or a solution of alum. An occasional dose of salts may be taken during the continuance of the disease, and the diet should be light. If the above plan fail to arrest the swelling, the part becoming more painful, and increasing in dimensions, a physician should be called without further delay.

HARE-LIP.

This affection is a fissure, or division, perpendicularly, of one or both lips, and the term *hare-lip* arose from a resemblance of the affected lip, to the upper lip of a hare. Sometimes the fissure is just below the middle of the nose, at others, directly under one nostril. The division is sometimes double. The two portions of the lip are generally moveable. In most cases, the lip only is affected, in others one or more front teeth are wanting, and sometimes even the upper jaw-bone is imperfect, a part of it being also wanting. The affection is rarely found in the lower lip.

Treatment.—The only plan to remedy the deformity occasioned by a hare-lip, is by an operation. The edges of the fissure must be pared off, so that when they are brought together, they will fit closely. This can be done with a sharp knife, or a pair of sharp scissors. If done with scissors, the operator should commence at the edge of the lip, and cut as near the edge of the fissure as practicable, in a strait line, until he extends the cut above the angle of the fissure. The opposite side should be cut in like manner.—

If the knife be used, a thin piece of wood or lead, may be placed beneath the edge of the fissure on one side, and the lip drawn out over it; the knife can then be introduced above the extent or angle of the fissure, and with a single sweep, the cut can be made down to the edge of the lip.—Both sides can be thus cut. This is much the better way, for though cutting with the scissors should be done with a single stroke on each side, the lip is much more apt to be bruised than with the knife. After the edges of the fissure have been thus pared off, the edges should be brought into contact, and two silver pins introduced to keep them together. One pin must be introduced near the edge of the lip, and the other, between that and the angle of the wound.—The edges of the wound can then be kept in contact by applying the twisted suture, viz: by putting a strong thread around the end of a pin, and carrying it across the pin and around the other end in the form of a figure 8. The thread should be passed several times around each pin. Sometimes the fissure is so short, that one pin will be sufficient. Care should be taken to introduce the pins sufficiently deep to prevent them from tearing out. No dressing is required.

The operation ought never to be performed when the patient is in infancy, as convulsions and death have occurred in such cases. From two and a half to four years of age, is the proper period for performing the operation.

HYDROCELE.—DROPSY OF THE SCROTUM.

This term is applied to a watery collection in the spermatic cord, the coat of a testicle, or the scrotum itself. When the scrotum is filled with a fluid collection, the swelling is general, enveloping both testicles, and producing no discoloration of the skin. Children are liable

to encysted hydrocele of the spermatic cord. The swelling is of an oval form, and situated between the testicle and groin.

A fluid collection in the *tunica vaginalis*, or coat of a testicle, is quite common among laboring people, being caused by blows and bruises, lifting heavy weights, or almost anything requiring great muscular exertion. The growth of the tumor is gradual, commencing at the lower part of the scrotum, and gradually ascending, until the testicle sometimes attains an enormous size. The patient complains of a dragging sensation, but seldom of pain.

As this is an affection that is very difficult to manage, no one but a physician or surgeon should attempt a cure, I shall therefore lay down no plan for a cure.

MAMMARY ABSCESS.

Females who suckle, are particularly liable to inflammation and suppuration of the breast.

Symptoms.—The affected part becomes much enlarged, tense and painful. Sometimes the skin only is inflamed, together with the cellular substance, the surface being smooth; but when the entire gland is affected, the swelling is irregular, presenting an uneven surface, as though several distinct tumors had formed within the gland. The pain often extends to the axillary glands, situated in the arm-pit. Sometimes the secretion of milk is entirely suppressed; at others, no effect is produced upon it. The entire system is in some cases affected with fever, and a general derangement of the health attends. If the swelling be slow, it sometimes fails to suppurate, but if it progresses rapidly, and con-

finues thus to increase four or five days, suppuration may be expected.

Causes.—The general causes of mammary abscess are, an early suppression of the secretion of milk, mental distress, exposure to cold, blows or bruises, moving the arms too freely when the breast is very large, &c..

Treatment.—In the early stage of the disease, resolution must be attempted. If the pulse be full and frequent, the general system being greatly excited, bleeding should be resorted to early. A dose of castor-oil, or salts, may be taken, and repeated as may be necessary. If the tongue be foul, the appetite destroyed, and a disagreeable taste in the mouth, showing that the stomach is foul, a good dose of calomel would be necessary.—The diet should be light. The affected part ought, during the above treatment, to be frequently washed with a strong solution of sugar of lead, or a soft cloth, frequently wet with the solution, may be kept constantly applied to the part. When suppuration cannot be prevented, it should by all means be promoted. This can be done by poulticing with a warm poultice of flaxseed, or light wheat bread and sweet milk.

When suppuration is complete, or in common language, when the swelling *has come to a head*, a free incision must be made into it, at the most prominent point, or at that part, at which matter can be discovered, by fluctuation. The lancet should be pushed in sufficiently deep, and the external opening be of sufficient size, for the matter to flow out freely. It is quite common among females, to apply warm poultices to a swelling of this kind at the onset. Reason should dictate a contrary course to any one. The heat being already too great, means ought to be resorted to, to lessen this heat—therefore the coldest applications ought to be used. When, however,

as before stated, suppuration will take place, it should by all means be promoted.

PHYMOSIS.

This is an affection in which the prepuce adheres to the *glans penis*, so that it cannot be drawn back to uncover the end of the penis. It is sometimes *natural*, at others *accidental*. The irritation, from severe gonorrhœa, may produce phymosis; but a more frequent cause, is a chancre. Children are sometimes born with a phymosis, so as to prevent to some extent, the free passage of urine. Very disagreeable symptoms may sometimes arise from phymosis, such as urinary concretions between the prepuce and *glans penis*, and in the urethra; disease of the bladder and urethra; a profuse puriform discharge, with sores on the prepuce, and *glans penis*; warty excrescences, &c.

Treatment.—In recent cases, injections of warm milk and water, should be resorted to. A male syringe must be used for this purpose, and the milk and water thrown in between the glans and prepuce, four or five times a day. The penis ought also to be frequently bathed in warm water, with the end up. Attempts in moderation ought to be often made to draw the prepuce back.—When a phymosis is of long standing, especially when matter is formed beneath the prepuce, the injection of a solution of sugar of lead, would be advisable. In severe cases, a good physician should by all means be called in without delay.

PARAPHYMOSIS.

In this affection, the prepuce is retracted and drawn tight around the neck of the penis behind the glans, and cannot be brought forward so as to cover the head of the penis. The glans become swelled, also the integuments behind, while the stricture caused by the prepuce, is between them. Inflammation of the cellular tissue soon takes place, lymph is formed; ulceration, and often sloughing of the parts, is the consequence.

Treatment.—This affection is attended with some danger, and should be removed with all possible despatch. All external applications will prove utterly useless, and ought not to be resorted to. The parts should be immediately replaced, if possible, by grasping the glans with the fingers of the right hand, and pressing firmly, so as to lessen the dimensions of that part, while with the left, the prepuce must be steadily pulled until it be drawn over the glans. At the same time that the operator attempts to diminish the volume of the glans, he should be endeavoring to push it back within the prepuce which he is attempting to draw over with the left hand. If these attempts fail, a physician must be called, as delay would be dangerous.

RICKETS, OR RACKETS.

This is a disease incident to children, and seems to be a want of firmness in the bones.

Symptoms.—Children affected with rickets, exhibit signs of general bad health. The bones of the limbs are so softened as to become bent in various directions, by the action

of the muscles. The spine becomes shorter, and curved in different places. The breast-bone projects, the bones of the pelvis sink in the *os pubis*, or front bone of the lower part of the body, approaching the sacrum.—In fact, almost every bone of the system in some cases, becomes distorted.

Treatment.—The application of a mechanical apparatus to a bone, to prevent distortion in this affection, though recommended by some of the old writers, is certainly productive of no permanent benefit. The medicines that have been given with any decided benefit, are tonics, such as quinine, different preparations of iron, peruvian bark, &c. Many cases considered rickets, by medical men, are strictly cases of spinal irritation; and the opinion entertained by some of the ancient medical writers, that the disease depended on disease of the spinal cord, I am inclined to believe was correct.

For information respecting the treatment of such cases, see "*Spinal Irritation.*" A good physician should always be employed to attend to such cases.

SPINA BIFIDA.

This is an affection of the spine, in which some of the bones of that part are deficient.

Symptoms.—The disease is characterized by a considerable tumor immediately over the spine, generally in the lumbar region, or small of the back. The size is not uniform, but varies in different cases. Fluctuation is perceptible on applying the hand to the affected part. The contents of the tumor are sometimes colorless; at others, the matter is of a dark color. The lower extremities are apt to be weak, and dropsy of the brain often occurs. Children are born affected with this dreadful disease.

Treatment.—Spina bifida is generally incurable, as we find but two or three cases in the records of surgery that have been successfully managed. Gentle, uniform, and continued pressure, will sometimes prevent an increase of the tumor, and prolong the life of the patient a short time. A child affected with this disease seldom lives more than three or four years, and often only a few days. No opening should be made in the tumor, as this only hastens the patient out of existence; and in some cases, death has been known to take place instantly, on opening the tumor.

RUPTURE OF A TENDON.

The rupture of a tendon is quite a rare occurrence, but as it sometimes happens, I have thought proper to make a few remarks upon the subject. The tendons liable to be torn asunder, are that of the lower part of the leg; (commonly called the heelstring,) that which is most in action in extending the leg; and a tendon of the arm. As a rupture of that tendon usually called the heelstring is attended with the most difficulty, I will endeavor to give an explanation of it.

When this tendon is ruptured, the patient hears a sound, similar to that of the crack of a whip. Immediately an incapacity, or extreme difficulty to walk, or even stand, takes place. A depression may also be found between the ends of the broken tendon.

Treatment.—The ends of the tendon can be brought into contact by bending the leg in a moderate degree at the knee, and extending the foot, and in order to effect a cure, it should be thus kept until union takes place. The hollow on each side of the tendon must be filled with soft lint, so that a bandage afterwards applied, may press equally on those parts, and prevent the tendon from being pressed too

much inwards, towards the ankle bone. A tolerably strong piece of cloth, two inches wide, must be placed along the bottom of the foot, commencing at the toes, and extending it along the back part of the leg, as far as the middle of the thigh. A bandage must then be wrapped around the foot and leg, beginning at the toes, and wrapping the entire foot, including the strip of cloth first applied. After the foot is completely wrapped, the bandage must be carried under the foot, and up over the part ruptured, and afterwards continued to be carried around the limb until it is wrapped as high as the strip first placed upon it. Care must be taken not to bind any part of the limb sufficiently tight, to interrupt the circulation of the blood. This plan will be apt to succeed in keeping the foot extended, and the limbs should be kept, as above directed, from three to six weeks, or untill entire union of the tendon takes place.

The reader will discover, that the object is to bring the ends of a ruptured tendon together, and retain them in that situation; his own good sense will, therefore, dictate to him what plan to adopt for this purpose. It matters not what tendon is ruptured, the limb should be placed in that situation the least calculated to bring such tendon into action, and kept so until the cure is complete.

POLYPUS.

This is a kind of tumor growing in the nose, womb, or vagina, having roots similar to the polypus. There are various kinds of this peculiar tumor. Some are of a reddish color, and attended with no pain; some yellowish and painful; others malignant, some fungus, and some cancerous. The plan adopted for the cure of polypus, is extraction, either by a pair of forceps, made expressly for the purpose, or

with a ligature. Sometimes the polypus has a small neck, around which a ligature can be placed, and by being tightened occasionally, the tumor will separate and come away. Care should be taken, to place the ligature at the origin of the tumor, that all may be removed. With all possible care in extracting a polypus, the tumor will often re-appear in a short time. None but a physician or surgeon, should attempt the management of a polypus, as it is attended with danger, and requires skill.

In order to show the necessity of the aid of a good physician, I will give a description of the progress of the disease, as given by the celebrated surgeon, John Bell. This eminent surgeon seems to differ from the most of writers about the nature of the polypus, saying, that time and the natural growth of the tumor, its pressure on other parts, &c., "will bring every polypus to one invariable form, in its last and fatal stage." He goes on to say, "the more easily it is extracted, the more easily does it return; and whether carelessly extracted, or altogether neglected, it soon returns.— But when it does return, it has not really changed its nature, it has not ceased to be in itself mild; it is then to be feared, not from its malignity, but from its pressure among the delicate cells and membranes of the nose. It soon fills the nostrils, obstructs the breathing, and causes indescribable anxieties. The tears are obstructed, and the eyes become watery from the pressure on the lachrymal sack; the hearing is in like manner injured, by the pressure of the tumor against the mouth of the Eustachian tube; the voice is changed, and its resonance and tone entirely lost, by the sound no longer passing through the cells of the nose and face. The swallowing is in some degree affected by the soft palate being depressed by the tumor. The pains arising from such slow and irresistible pressure, are unceasing.— From the same pressure, the bones become carious, and the cells of the face and nose are destroyed by the slow growth

of the swelling. It is not long before the tumor begins to project from the nostril in front, and over the arch of the palate behind. One nostril is widened and thickened, and the nose is turned towards the opposite side of the face, and the whole countenance seems distorted. The root of the nose swells and becomes puffy, the features tumid and flabby, the face yellow, and the parts round the eye livid. The patient is affected with head-ache, which seem to rend the bones asunder, and with perpetual stupor and dozing. The bones are now absorbed, and the membranes ulcerate; a foul and fetid matter, blackened with blood, is discharged from the nostrils, and excoriates them. The blood-vessels next give way, and sudden impetuous hemorrhages weaken the patient; the teeth fall from the sockets, a foul and fetid matter issues from the antrum. Now the disease verges to its conclusion.

“The patient has terrible nights, and experiences a sense of suffocation. The repeated loss of blood renders him so weak, that he cannot quit his bed for several days together; and when he does get up, he is pale as a spectre, his lips colourless, and his face like wax, yellow and transparent. He now suffers intolerable pain, while his saliva is continually dribbling from his mouth, and a fetid discharge from his nose. In this state he survives a few weeks; during the last days of his illness lying in a state of perpetual stupor, and dying lethargy.”

STRICTURES OF THE URETHRA.

Symptoms.—A stricture of the urethra, is an alteration of this passage, so that some particular part is smaller than usual. A slight stricture may occur, and not be noticed by the patient, even sometimes when it is sufficient to interrupt the flow of urine. There are different kinds of strictures—some permanent, others only occurring spasmodically. The urine is voided more frequently than usual; considerable effort is required in voiding it, and pain at the same time accompanies the effort.—A straining sensation is apt to be experienced, after the bladder has been emptied, which continues but a short period. Cold, acting upon the system, is apt to bring on symptoms of a stricture. Some persons are so sensitive to the effects of cold air when affected with a stricture, that they are unable to void one drop of urine in the open air, when at the same time they can pass the urine freely in a warm room. A draught of spirits, or the excessive use of wine will sometimes bring on a paroxysm. Some matter is apt to be discharged similar to that in gonorrhœa, hence a stricture is often mistaken for that disease. The testicles are apt to become swelled. In some instances the bladder becomes inflamed, and secretes puss, which is discharged with the urine. Nocturnal emissions of the semen often take place. In cases of great severity, and of long standing, the urine becomes turbid, and is voided sometimes two or three times every hour for twenty-four hours.

Treatment.—There are various plans laid down for the treatment of strictures, but I shall only speak of the most simple. Slight strictures may be removed by the introduction of a bougie occasionally. This instrument may generally be obtained from the country physicians. It

is composed of different materials, but that made of elastic gum is very good, perhaps as good as any other.—The bowels should be kept loose, and a free use of mucilaginous drinks, ought to be made throughout the course of the disease. The diet must be light and cooling. If constitutional symptoms occur, such as general fever, such a course should be pursued, as has been prescribed in ordinary fever. In severe and protracted cases, a good physician should be consulted.

WHITLOW, OR FELON.

Symptoms.—This affection is so generally known, as scarcely to require a description in this work. It is an inflammatory swelling, that occurs generally at the end of one of the fingers. There are several kinds. The mildest usually attacks the finger at the root, or at one side of the nail. Suppuration soon takes place, after a slight inflammation, and the matter lies immediately beneath the cuticle, or outside thin skin. In the second variety, the matter forms in the cellular substance, between the skin and muscles. The pain, though severe, does not extend far from the swelling. In the third kind of whitlow, there is but little swelling in the hand alone, though considerable in the hand and forearm. The pain is excruciating, extending to the wrist, elbow, and even sometimes to the shoulder. In the fourth variety, there is but little swelling, the inflammation being seated in the *periosteum*, or membrane surrounding the bone. The pain is violent, but does not extend to the wrist or arm. Suppuration soon takes place immediately next to the bone, and the consequence often is, a loss of one joint of the finger bone.

Treatment.—In the first form, an opening must be made early, so that the matter may escape freely, to prevent the loss of the nail. If the matter be collected under the nail, an opening should be made through the nail. In the second form, if fever prevail, and the pulse be full and frequent, bleeding ought to be resorted to early. Plunging the finger in strong lye, as hot as can be borne, will often arrest the disease speedily. If, however, suppuration takes place, a free opening should be immediately made as deep as there may be a collection of matter. In the third variety, it is best to make an opening about the third or fourth day, in that part of the hand most affected with swelling, &c. If matter form in the wrist, an opening must also be made there, likewise in the forearm, if necessary. In the fourth variety, the best plan is to make an early incision down to the bone, as this is the only certain mode to prevent the injury, or loss of a portion of the bone. If a physician be convenient, it would be advisable to consult him in any case of the three last varieties.

INFLAMMATION OF THE SYNOVIAL MEMBRANE.

The synovial membrane, or the membrane that surrounds the joints, is sometimes attacked with inflammation.

Symptoms.—Great pain is experienced in the part affected. There is considerable swelling around the joint; and the skin is apt to be red, and very tender to the touch. Sometimes the whole system is much out of order, being affected with fever, loss of appetite, the pulse full and frequent, tongue furred, bowels constipated, &c.

Causes.—Wounds, bruises, and sprains, may produce inflammation of the synovial membrane; but the most usual cause, is cold acting upon the system.

Treatment.—If the pulse be full and frequent, bleeding may be resorted to in the early stage of the disease. An active dose of calomel and rhubarb, must be immediately administered. The volatile liniment, must be frequently applied to the affected part. After the operation of the purgative, sweating may be induced, by giving fifteen or twenty grains of Dover's powder, following it with an occasional drink of warm hyssop tea, for four hours; and if sweating does not take place in that time, the dose of powder may be repeated. In some cases, this plan will speedily remove the disease; but should it fail, or if the attack be violent at the commencement, a physician should by all means be called, as delay might prove very injurious. A dropsy, or a stiffness of the joint, may be the result of an inflammation of the synovial membranes, if mismanaged.

INFLAMMATION OF THE SCALP.

Symptoms.—In slight inflammation of the skin covering the cranium, there is but little swelling or fever. The pain is but trifling. If, however, the entire scalp becomes inflamed, the symptoms are very violent. The swelling is considerable, and extends to the eyelids, and even over the whole of the face. The constitutional symptoms are sometimes so severe, that the patient soon sinks into a comatose state, and dies. When the disease is suffered to go on without any treatment, and the patient does not die, an abscess is apt to form, which often covers one half of the head.

Treatment.—The treatment must vary according to the

state of the system. If the excitement be high, evinced by a full strong pulse, high fever, &c., it may be proper to reduce the system, by bleeding and purging. If on the other hand, universal debility prevail, as is sometimes the case, the system must be supported with tonics, &c. In slight cases, a few punctures made in the affected part, so as to let out the effused serum, and the application of warm fomentations, will generally answer. When the case is violent, the swelling very extensive, and an evidence of much matter collected under the skin, a free incision ought to be made early, so as to give free passage to the matter. The opening must be deep, in proportion to the depth of the matter, as there is danger of an injury to the bone, by the matter being retained long. In a case of this kind, a good physician ought to be called.

ENLARGEMENT OF THE UVULA, OR FALLING OF THE PALATE.

Symptoms.—Falling of the palate as it is generally termed, is an enlargement and elongation of that organ which causes it to fall down. On examination the palate will be found considerably swelled and inflamed. It is apt to produce coughing and nausea. The patient cannot articulate plainly, or at least some words cannot be spoken distinctly.

Treatment.—Generally speaking the use of astringent gargles, will be sufficient to relieve the patient. If the patient have fever, he ought to take a purgative, and such cooling remedies as are usually used in ordinary fevers. As a gargle, the infusion of peruvian bark will be found beneficial: a solution of alum is also good. The muriated tincture of iron has been used with success. It can be applied

by dipping a piece of sponge in it, and touching the palate with the sponge.

Should the above remedies fail, a good physician should be called, as it is sometimes necessary to cut off a part of the uvula with a pair of scissors.

FOREIGN BODIES IN THE WINDPIPE.

Children in playing with peas, beans, or any small round substance, are sometimes so unfortunate as to get a substance of such kind into the windpipe. As soon as any thing is thus introduced into the windpipe, violent coughing is apt to take place. The patient breaths with extreme difficulty, and is in great agony. The countenance is expressive of great terror; the face appears swelled and of a lived color. Nature makes strong but ineffectual efforts to expel the substance. After a few minutes the coughing intermits, and the patient is easy for a short time, but the coughing soon returns with great violence. The only remedy in a case of this kind is tracheotomy or opening of the windpipe, and extracting the substance; a skillful physician should therefore be immediately called.

FOREIGN BODIES IN THE ŒSOPHAGUS.

Foreign substances sometimes get into the gullet so large as to lodge and obstruct the passage completely. By suffering such a substance to remain long, great irritation and ultimately, inflammation is the consequence. If the substance be small and of a digestible nature, as a piece of meat or bread, it should be pushed down with a probang or a

bougie made for the purpose. If it be very large it can best be pulled up with a pair of long curved forceps, or a blunt hook attached to a whale bone probe. Pins, needles, and other sharp pointed instruments or substances, often lodge about the palate and may be discovered and removed with forceps. Should you apprehend any difficulty, however, in removing the substance, the attempt ought not to be made, but a physician called in speedily.

LUMBAR ABSCESS.

Symptoms.—Pain in the loins, accompanied with chills is one of the first symptoms of lumbar abscess. As the disease progresses the patient experiences pain whenever he is erect, and the pain is much increased by extending the thigh. The glands in the groin become enlarged, and swelling takes place on the inside. The swelling appears larger when the patient is standing, and an impulse is given to it by coughing. As the disease advances fluctuation is preceded.

The location of the abscess varies, being sometimes higher up, and sometimes lower down in the thigh. Sometimes the affection is confined to the soft parts, but generally speaking, the *lumbar vertebræ* or bones of the back situated in what is usually termed “the small of the back” are diseased, and the matter found in a lumbar abscess, has its origin in ulceration in this part of the system. The patient is apt to experience much tenderness on pressure being made on that part of the back. He also complains of weakness of the back, and lower extremities. Striking some parts of the back bone is apt to produce acute pain, and sometimes there is a slight curvature of the spine.

Treatment.—absolute rest is generally necessary. If the

vertebræ be affected, a seton should be introduced near the diseased part of the spine. When the abscess is formed, an early and free opening ought to be made, so that the matter may be discharged speedily. The strength is apt to require support as the matter is from time to time discharged. This can be done with wine, quinine, &c., as may be required. A good physician should be consulted.

FRACTURE OF THE RIBS.

A rib or ribs may be broken by injuries from a blow with a stick, or even with the fist ; by falling on some hard substance, or by pressure by heavy bodies being thrown upon the breast, &c. A rib is most apt to give way at the most convex point, but they are also sometimes broken, near the back-bone or breast-bone. When a rib is broken the patient is apt to experience pain when he makes a full inspiration, or coughs. He also feels the ends of the bone passing each other. The situation of the fracture can be discovered by the surgeon passing his hand over the ribs.

Treatment.—In slight cases, it will be sufficient to apply a large broad bandage around the chest, and having straps passed over the shoulders, and attached to such bandage to keep it to its place. If the patient be strong and plethoric, he should be bled freely. If fever should come on, the breathing become difficult, and the countenance expressive of great anxiety, the patient ought to be bled, and take a cathartic, and pursue a similar course to that laid down for ordinary fever. If the patient grow worse under such treatment, a skilful physician must be called in without too much delay.

FRACTURE OF THE ARM.

In fracture of the arm, there is no difficulty in recognizing the accident, as the limb is shortened considerably, and the natural appearance of it altogether changed. The arm is useless, and bent towards the body. Great pain is produced, by pressure upon the nerves, by the end of the bone.

Treatment.—Extension should be made as soon as possible, sufficiently to bring the ends of the broken bone in contact. In order to keep the bone properly situated, until union takes place, different plans have been proposed. A broad bandage of tolerable strong cloth, may first be applied around the limb, from the elbow up to the shoulder. A thin white-oak splint, two inches wide, may then be placed on the upper side of the arm, to extend from the upper end of the arm, down below the elbow, and another from the axilla, or arm pit, down below the elbow also, on the under side of the arm.

These splints ought to be wrapped well with strips of cloth, and cotton or tow interposed between them and the bandage, or roller, round the arm. Care must be taken not to bind the limb too tight, so as to interrupt the circulation of the blood.

Another mode is, to take paste-board, (such as book-binders use, is best,) cut two pieces of sufficient length, to extend from the arm pit, down a little below the elbow, and sufficiently broad to nearly surround the arm when both are applied—moisten them so as to make them soft, then apply them to the arm, and retain them with a bandage. When the wooden splints are used, they can be retained by passing a strip of cloth around from one end to the other, or with pieces of tape. The forearm must be bent at right angles, and the fractured bone be kept close to the body. If the limb increase by swelling after the bandages are applied,

they must be loosened from time to time, to prevent undue pressure. The arm may be frequently wet with vinegar, or if inflammation should take place, a solution of sugar of lead, would be better. In from two to six weeks, agreeably to the age and constitution of the patient, a cure will be effected.

FRACTURE OF THE FOREARM.

Fracture of the forearm may take place partially, or completely; or in other words, one bone only may be broken, or both. When only one is broken, there is but little displacement, but the situation of the fracture can easily be ascertained, by tracing the bone with the fingers from one end to the other. When both bones are broken, the limb is much shortened and deformed.

Treatment.—When one bone only is fractured, it can be very easily replaced, and retained with paste-board, as recommended in fracture of the arm. When both bones are broken, considerable force is required to extend the limb, so as to bring the bones into contact. Care must be taken in reducing a fracture of this kind, to place the hand in its natural position. Bandages and splints can be applied, as advised in fracture of the arm, but it is of considerable advantage to have in addition, a box for the arm to lie in, a few days. The external application can be such as before prescribed.

FRACTURE OF THE THIGH.

In fractures of the thigh, considerable difficulty attends the diagnosis, on account of the thickness of the muscles covering the bone. Careful examination must be made with the hands, rotating the limb at the same time, to ascertain the nature of the fracture, the extent of the injury, &c. The limb is generally shortened and swelled, and attended with pain. Sometimes the limb is twisted, so as to throw the foot out of its natural posture.

Treatment.—The limb must be extended by two assistants, while the surgeon, with his hands, places the bones in a proper situation. Care must be taken, to place the toes in a strait line with the cap of the knee, as it is usually called. A broad bandage must now be applied to the thigh, as recommended in fracture of the arm. Two strong splints must next be applied, one on the outside to extend from the armpit, to a few inches below the foot, while that on the inside, must reach from as high as it can be placed on the inside of the thigh, to as far below the foot as the former splint. The upper end of each of these splints, must be cut out and padded, so as to be agreeable, and they must be wrapped and applied as directed for other splints. Holes should be made in each splint, and a pin introduced two inches below the sole of the foot. A handkerchief must be applied around the ankle, and fastened to the pin, so as to keep the limb from becoming shortened. All other treatment should be similar to that already pointed out.

FRACTURE OF THE LEG.

A fracture of one or both bones of the leg, can generally be discovered by careful examination. In reducing the fracture, all that is necessary, is to place the foot in its natural posture, (having the ends of the bones in contact at the same time,) and keeping it properly situated by the applications recommended above.

In conclusion, suffer me to impress upon the mind of the reader, the importance of seeking the aid of a physician in all unusual fractures, as incalculable mischief has been done by those beings, called "*bone setters*," who know nothing about the proper treatment to be pursued in cases of fractures.

PART THIRD.

ON DISEASES INCIDENT TO FEMALES AND CHILDREN.

INTRODUCTORY REMARKS.

The following treatise, on the diseases peculiar to females and children, is intended for the use of mothers; and I do hope that gentlemen in whose hands this little volume may fall, especially young gentlemen, will have sufficient delicacy, and sufficient self-respect, to omit perusing this part of the work. I hope so with the utmost confidence, as I am well aware that all men who are entitled to the appellation of gentlemen, will act as become them. Feeling as I do, a deep interest in the welfare of the human family, and conscious that many a fine amiable young lady, has been hurried from time to eternity, in consequence of her notions of delicacy having prevented her from applying to a physician for medical aid, I consider myself imperiously bound to lay down some hints for their special benefit; but at the same time, it is my wish that ladies only should make use of this part of this little work.

I have endeavored to make out plain prescriptions for mothers, to enable them to treat successfully some diseases to which their daughters are liable, and children generally. I have also tried to point out the symptoms of those affections, in such a manner, that mothers may

not be mistaken as to their nature. If the mother be satisfied of the true nature of any disease under which a daughter may be laboring, immediate treatment ought to be resorted to; but if not, a skilful physician should by all means be immediately consulted. Suffer me here to impress upon the minds of my fair young readers, the importance of throwing aside all false modesty, and consulting a good physician, whenever the health is much impaired, or in danger of being thus impaired.

It is true, there are many physicians, who are too mean and despicable to merit the confidence of a respectable lady, and I would advise you not to lay your case before any physician, who has no regard for the feelings of a female, or respect for himself. When I speak of a good physician, I wish you to understand me as meaning a good man, possessing medical information. Such a man will treat you with becoming respect, and will never utter a word calculated to cause a blush on the cheek of modesty, or that would detract in the smallest degree from the dignity of a gentleman. To such an one, you need not hesitate to make known your true situation. Be plain and candid with him, describing every symptom of your disease, to that extent, that he may not be mistaken in your situation.

With these brief remarks, I lay this part of my feeble labors before my female readers, with the hope that it may enable mothers to manage successfully the plainest cases in their families, and that it will cause them to call upon a physician, when convinced of the necessity of so doing.

DISEASES OF FEMALES.

MENSTRUATION.

By menstruation, I mean that discharge that takes place from the womb of a female once in a month, called by the good old mothers, "the courses." The age at which this first takes place, varies in different climates. In very hot climates, it happens as early as from 10 to 12 years of age; in temperate latitudes, from 12 to 14, and in cold regions, 19 or 20. In our own country, from 12 to 14, is the most usual age, at which menstruation takes place. The discharge continues from 2 to 7 or 8 days—and the quantity varies from four to ten ounces, in different individuals. The constitution of the girl, undergoes a considerable change on the first appearance of the menses, and the future health of the individual, depends much upon the course pursued at this time. She should use gentle exercise in the open air, avoiding at the same time, exposure to cold or damp air. She should use light, but nutritious diet, and taking moderate walks, or riding on a horse, or in a carriage, would be very proper exercise. She should by all means avoid having any of her clothes tight.

I will here take occasion to speak of the dangerous and fashionable practice of tight lacing. The motions of the body depend upon the actions of the muscles, and whatever places any artificial restraint upon any muscle of the system, destroys the activity of such muscle in proportion to the force with which it is applied, and the length of time it remain. Hence the cause of the ungraceful movements of a female accustomed to tight lacing, and the necessity of a continuance of the same pernicious practice among those who have been long accustomed to it. By undue pressure upon the muscles of the body, they lose in a degree their

power to act, and the poor deluded girl is obliged to continue the use of her corsets, to keep the body erect. A greater injury still resulting from tight lacing, is the effect produced upon the stomach, liver and lungs. The pressure upon the liver and stomach, prevents the former from performing its necessary functions, and consequently imperfect digestion of the food taken into the stomach, is the result. Undue pressure upon the chest, prevents also the free expansion of the lungs—and consumption, that most fatal of all maladies, is often the consequence. Young ladies have been warned from time to time, of the disastrous consequences of tight lacing; and it is hoped, that the time is not far distant, when such a course will be abandoned.

AMENORRHŒA. RETENTION, OR SUPPRESSION OF THE MENSES.

When a young girl passes the usual time for the menses to appear, and there is no appearance of the same, it is termed “retention of the menses.” The patient soon becomes pale and languid. The appetite is impaired, and the entire system becomes weakened, resulting in chlorosis, or green sickness. The patient sometimes has a severe cough; she often has violent attacks of pain in the head and breast, and across the lower part of the abdomen, about once a month. A retention of the menses, is caused by exposure to great cold, about the time it should appear, by general disease of the system, dyspepsia, &c. When menstruation has come on, and afterwards stopped, it is called suppression.—This is generally produced by the causes enumerated above.

In retention of the menses, the first object should be

to attempt a restoration of the general health; and afterwards, some active emmenagogue or medicine, to act directly upon the uterus or womb, would be desirable. If the patient be feeble; the system should be prepared for the administration of tonics, or strengthening medicines, by first cleansing the stomach and bowels; but if she be strong and plethoric, bleeding should be resorted to, before purging. My usual practice has been to give a dose of calomel and rhubarb, or one or two doses of Cook's pills, which are made by combining equal quantities in weight of calomel, rhubarb and aloes, and making the mass into common size pills. Of these, I give from 3 to 6 for a dose at bed time. Two doses given two nights apart, generally answers the purpose for which they are given. The day following the operation of the last dose of Cook's pills, I commence giving the following pills, giving one of them before each meal in the day: (one in the morning, one at noon, and one at night,) and continue the use of them until the general health is restored. Take sulphate of iron, five grains—gum myrrh and aloes, of each, two grains; mix, and make into twenty pills. During the administration of these pills, if the patient complain of much pain in the head, in the evening, I give but two in the day, one in the morning, and one at night. If the patient be costive, it should be removed, by giving small doses of salts, often repeated, so as to procure one or two stools per day. After the health and strength seem to be tolerably well restored, I stop the use of the pills, and commence using powdered savin, in doses of 15 grains three times a day, giving, two or three times a week at bed time, the hip bath thus: let the patient be seated in a tub of warm water, 15 or 20 minutes, so as for the water to cover the hips. In obstinate cases, I have generally given strengthening pills three or four months, and the savin

and hip bath, from three to four weeks. During the whole course of treatment, the patient should use gentle exercise in the open air, live on light diet, and avoid exposure to cold and wet. In suppression of the menses, the object should be to restore the health as above directed, and give the hip bath, until the secretion be restored. If the above means do not suffice, and the patient appear on the decline, a skilful physician should be called in without delay.

MENORRHAGIA. EXCESSIVE FLOW OF THE MENSES.

Profuse menstruation is generally produced by any thing that tends to relax the system, such as a severe cold, excessive fatigue, &c.; though females of a robust constitution, are sometimes attacked with too great a flow of the menses. During an attack of excessive flow of the menses, give 30 drops of tincture of cinnamon every two hours, applying cloths frequently dipped in cold spring water to the pubes, or lower part of the abdomen, and keep her on her back constantly. If those means do not arrest the flow, and it be very profuse, call upon a physician, as a few hours delay may prove fatal. In order to prevent these attacks in weak patients, every thing should be resorted to in the intervals, to restore the health and strength. Half a grain of quinine, and 7 or 8 drops of elixir vitriol, in 3 or 4 table spoonfuls of water, given three times a day before eating, answers very well in common cases. In fleshy patients, bleeding, practiced just before the expected discharge, will be beneficial. If these remedies fail, call in a physician by all means.

PREGNANCY—MANAGEMENT PROPER IN THIS STATE.

The dress of a female in a state of pregnancy, should be perfectly free in every part. That part around the chest and waist, especially, should be loose. Suffer me to impress this point upon the lady, who wishes to avoid much suffering during her pregnancy, and is desirous of giving birth to a healthy infant. Were mothers aware of the danger they incur, by wearing tight clothes while pregnant, they would willingly provide themselves with loose habits, regardless of the fashions of the day. Exercise should be regular, but of the most gentle kind. Walking fast, running, dancing, jumping off a horse, and other unnecessary fatigue, should be carefully avoided. The diet should be light and wholesome—avoiding wine, spirits, coffee, and every thing of a heating nature. The bowels should be kept regular throughout the whole course of pregnancy, but violent purging avoided.

DISEASES OF PREGNANCY. CARDIALGIA— HEARTBURN.

This is quite a common affection among pregnant females, commencing within the first month, and sometimes continuing many weeks, or even months, annoying the patient very much. The remedy most usually resorted to in this disease, is calcined magnesia. I prefer giving it in tea-spoonful doses, three or four times a day, in sweet milk, if the stomach will retain it given in that way. Prepared chalk, given in doses of fifteen or twenty grains as often, is also good. The patient

should live on a milk and bread diet, avoiding the use of all indigestible articles of food, and not use tea or coffee.

SICKNESS AND VOMITING.

The mind of a pregnant woman afflicted with vomiting, should be easy and quiet. Her diet should be light, and she should not suffer her stomach to become empty—yet, her meals should be small, taking care not to overload the stomach at any time. She should drink cold water, and if vomiting be frequent, a little mint julep would be found of advantage. When much acidity of the stomach prevails, magnesia or prepared chalk, taken as directed under the head of Cardialgia, to correct the acidity, would be beneficial.

ODONTALGIA—TOOTH-ACHE.

Females in a state of pregnancy, are often distressingly affected with tooth-ache. In such cases, the usual remedies for this affection, should be resorted to. All exciting causes, such as cold, wet feet, sitting with the head in a current of air, &c., should be carefully avoided.

ABORTION—MISCARRIAGE.

Under this head, I shall only speak of the course to be pursued to prevent miscarriage, as I deem it necessary in all cases where it is actually about to take place, to call in a skilful mid-wife. The general causes of abortion, are death of the child, weakness of the mother, excessive evacuations, violent exercise, lifting great weights, jumping off an eminence, fevers, excess of blood, high living, &c. In order to prevent an occurrence of this kind, all the causes should be avoided. Women who are weak, should use solid food, avoiding the excessive use of teas and coffee. She should rise early and go to bed soon; shun damp houses; use gentle exercise and avoid fatigue. Women who are strong and robust, should live upon a light vegetable diet, and avoiding any thing of a heating nature. Should the immediate symptoms of abortion appear, a physician should immediately be called in.

PROLAPSUS UTERI, OR FALLING OF THE WOMB.

As falling down of the womb sometimes occurs in pregnant women, I shall here mention the symptoms of such an accident, that any one placed in such a condition, may be aware of her real state, and apply to some physician for relief. When there is a slight prolapsus, the patient experiences a sense of heaviness in the pelvis or lower part of the abdomen, with a dragging pain in the loins, aggravated on sitting up or walking about. She is apt to have difficulty in passing her urine, and costiveness generally prevails. In complete prolapsus the

pain and dragging sensation increases, and the womb often protrudes so as to be seen. In either of the above cases, a skilful physician should be consulted at an early day. No dependance should be placed in a female midwife in such cases, unless she should have studied well the anatomy of the human system, and have had experience. Our *good old mothers* generally do more harm than good in cases of this kind.

RETROVERSION OF THE WOMB.

This condition of the womb is characterized by great forcing or bearing down pains, with entire stoppage of urine and obstinate costiveness. Those symptoms are caused by the fundus or upper part of the womb falling backwards and downwards, and whenever an accident of this kind happens there should be no delay in calling a physician, as great danger always attends a case of this kind.

OBLIQUITIES OF THE UTERUS.

By obliquities of the uterus we mean displacement of the womb, by its moving from its position in the abdomen to the right or left, or anteriorly towards the forepart of the abdomen. This latter obliquity is attended with great inconvenience, such as severe pain in the back and loins, with a forcing and bearing down, urging the patient to pass her urine, or go to stool. In any case of obliquity, a physician should be consulted in due time. In order to prevent any displacement of the womb in pregnancy, a woman should avoid all unnecessary fatigue or ex-

ertion, such as lifting, running, jumping off of an eminence, riding a hard trotting horse, or in a rough going carriage, &c., &c.

CHILD BED.

This is a subject that I approach with trepidation, though a subject upon which I have reflected long and seriously. One upon which I have studied more than any other connected with the science of medicine. A part of the practice of our profession, upon which I have often been called to act as that of an accoucher or midwife, and this subject has engaged, and yet does engage my most earnest attention. In performing my duty in writing on this subject, I can but be aware that I shall be liable to much animadversion from a small portion, (and I may add a very respectable portion too,) of my female friends. Doubtless some will accuse me of sinister motives, and be ready to heap, upon me, their vindictive abuse, for my candour in expressing my views on the present subject. Shall I hesitate? Shall I be deterred from raising my humble voice against a practice, but too common in this country; and from warning my female friends of the danger to which they are often exposed? Shall the fear of producing displeasure in the minds of a few, deter me from acting that part, upon which I feel myself imperiously called to act? Shall I view the disastrous results of a practice, when pursued even by some of the most respectable of my female acquaintances, and refuse to wield my feeble quill against such a practice? Certainly not. I feel myself bound by every principle of philanthropy and humanity, to use every laudable exertion to alleviate the sufferings of my fellow beings and to “cry out and spare not”

against a practice often resulting in extreme anguish and even in loss of life; regardless of the darts of calumny that may be hurled at my devoted head.

The practice to which I allude, is that of a female engaging in the practice of midwifery, without the least knowledge of even the rudiments of the art. I shall in this little work lay down no directions to be pursued in child birth, as the limits of the work will not admit of any such course. It would require a large volume to make any one of my female friends acquainted with the first principles of midwifery. In this small work I could only lay down the course to be pursued after labour commenced, and heaven forbid that I should take such a step. There is sufficient injury already sustained by the community by the ignorance of midwives.

Already have I beheld too many suffering mothers, and too many infants born only to suffer a few hours of misery, and fall to the tomb, like a blasted flower falling to the ground, to be willing to lay down any plan to be pursued in delivery, unless I had time, space, and sufficient intelligence, to lay before the reader a full treatise on the art of midwifery. In order to become a skilful midwife, a female should acquaint herself with physiology, and anatomy, and afterwards learn the properties of those medicines used in midwifery, and the practical part of the same. This would require several months of close study. How preposterous would it appear for a man to select works on the practice of medicine, and read them and commence practice without a knowledge of medicines, or of the human system! No rational individual would trust to such an one to treat diseases; yet how many females go into the practice of midwifery, and even spend years in that business, without reading a single page on the subject! How many mothers fall a sacrifice to such ignorance! How many infants are brought into

the world lifeless, by too much interference of the midwife! How many mothers are doomed to drag out a miserable existence, from an injury sustained by the conduct of some ignorant old lady! In my practice, I have been called to several cases of inflammation of the peritoneum, or child bed fever, and I can safely assert, that I have had but one case that was not caused by the mismanagement of some old woman, and I am at this time attending a poor woman that has received an irreparable injury, by a vain woman using something as a substitute for obstetrical instruments, at the same time destroying the life of the infant. In order to show my female readers the dreadful consequences resulting from the conduct of old women, I will here give a few cases related by Dr. Bard, and other respectable practitioners of midwifery :

“I was sent for, to attend a woman well advanced in life, in labor of her first child. I found a midwife with her, who had been in waiting two days and nights, and had got her in one of the most uncommon positions which I believe a woman was ever placed in; her breech was elevated upon the side of the bed, which was doubled up, with several pillows to raise it, her head hung down behind, and in the time of a pain, was supported by two women, who sat behind her; one of whom, by the midwife's direction, clapped a handkerchief over her mouth and face, with intent, as I understood, to *keep in her breath*, and prevent her crying out; which the midwife observed, she had done so much already, *as to hurt her pains, and prevent their being of use to her*, which they otherwise would have been; her legs were wide expanded, and supported on the backs of two chairs, between which and underneath the patient, in a low chair, was placed the old woman, who at every little pain, and frequently oftener, had endeavored to deliver

the child, which she said *had been as near coming into the world as it was possible, for several hours past; but in spite of her having made all the way for it she was able, she could get it to come no further; and that it had so benumbed her hands and fingers in trying to open the womb, that she could scarcely feel them.* From those fruitless and unnecessary endeavors, and other mismanagement of the labor, I concluded it to have been protracted, and that the force of the natural pains had been interrupted. For, instead of waiting with patience, comforting the woman, and keeping her cool and easy, the very opposite conduct had been pursued. I did not immediately alter the position of the woman; but examined during a pain, and found a great dryness, and constriction of the vagina, much tenderness of the parts, the anterior part of the uterus pushed down before the head below the pubes, and the *os tincæ* tilting backwards towards the sacrum, (a situation in which I have always found it slow to dilate,) but sufficiently open to admit the tip of my finger, and so prodigiously tight, that it felt like a ring. The woman had no other than small grinding pains, and upon enquiry, I found no stool for several days. The posture was changed to one more decent and proper; an emollient clyster was administered, as soon as it could be got ready, which relieved the intestines from the accumulated fœces they contained, and as the scooping, by being used with so much force, and continued so long, as to benumb the fingers, had produced a great deal of pain and inflammation, I ordered an emollient poultice, and warm stupes to the external parts; and after waiting several hours, and perceiving the pains weak, and returning seldom, I dismissed the greater part of her attendants, desired that she might be kept cool, and that the poultice and warm stupes might be renewed every six hours, I gave

her an opiate, and retired; in about twelve hours after, I called on her again, and found she had been refreshed by sleep, that her pains were rather stronger, but recurred at long intervals; the *os tinæ* was not quite so callous, and spread to the breadth of a shilling, and the smooth body of the membranes, was easily to be felt through it, upon which I renewed my former directions, and gave her a second opiate, and left her, till I received a call about ten hours after. I was then agreeably surprised to find the *os tinæ* soft, and receding on all sides; the pains strong and thundering, and the vertex as low down as the *os externum*; the membranes soon broke, and the head, which was uncommonly large, was delivered with the face to the sacrum, without injuring the *fourchette* in the least; the child was alive, and the mother under a suppression of urine, which being relieved, she recovered, and did well."—*Perfect's cases*, vol. 1, p. 305.

"A lady about the beginning of the eighth month of her pregnancy, was taken, as she supposed, in labour by the breaking of the membranes without any evident cause.—She sent for a midwife, and by her, was advised to stir about, in order to bring on labor pains the sooner, in which she unhappily succeeded, the labor came on, was more tedious than the first, and the child was born alive, but never breathed freely, nor did any regular circulation take place. Its color became livid, and it died on the third day. The same circumstance happened to this lady in her fourth labor, but she was now directed to keep herself perfectly quiet, to loose blood, and to keep her bowels open. In this way she went on for twelve or fourteen days, the water continually dribbling away, and seldom passing a night without severe pain. Her labor then came on, and she was delivered after an easy labor, of a very fine and healthy child."—*Bard*

“A yong woman, big with her first child, had been attended, many hours before my arrival, by a midwife, who informed me, that the child’s breech presented, and that with her utmost endeavors, she *could not make way for it*; the pains were still very good, but the waters had escaped the day before. The face from its confined situation, and the rough handling of the midwife, so extremely tumefied, that it was hard to distinguish it; but after some time I discovered the chin to the sacrum; I endeavored to change the position of the face, and bring down the vertex with the face to the sacrum; but it was in vain, and as the symptoms were not pressing, I was unwilling to apply the forceps, I therefore encouraged and supported the patient, and waited the issue with patience, which proved fortunate, for in about four hours, the expulsion was effected by nature, and the child was born alive, but never in my life had I seen an infant so frightfully disfigured. The face was horribly black, and much swelled, the eyelids inflated, inflamed, and so protuberant, as to appear ready to bolt out of their sockets, the nostrils wide enough distended to admit the tip of the finger; the upper lip swollen, and puffed up; the lower lip torn, and laying down on the chin; all which proved the extreme ignorance, and rough and injurious treatment of the midwife. There is not a case in midwifery, which requires more gentle and tender touching, than a face presentation.”

—*Perfect’s cases*, vol. 1., p. 218.

“A person, in the practice of midwifery was sent for to a young woman in labor with her first child; it was a preternatural case; the feet presenting, violence and hurry, was used, the body was delivered, with much difficulty, and by being pulled with too great a degree of force, was separated from the head, which was left sticking in the pelvis. I was sent for, and in about six hours after the accident happened, arrived at the house.—

The woman had lost but little blood, yet was very faint, and suffered much anxiety of mind; there had been entire cessation of labour pains for sometime. I gave her all encouragement in my power, and upon examining, found the head in the vagina at the bottom of the pelvis; one ear of the child being under *ramus* of the *ischium*, determined the situation of the head.

I therefore proposed to use the forceps, which was approved of, and the patient being placed on the left side, near the edge of the bed; having lubricated one blade, I carefully conducted it between the head of the child and the hand previously introduced; the second blade of the forceps I then applied in the same cautious manner; having locked them, began gently to extract, by intervals inclining the handles to the abdomen, till the head began to extend the external orifice; then supporting the perineum, to prevent its being lacerated; within the space of twenty minutes entirely effected the delivery.—*Perfect's cases*, vol. 11, p. 74.

A lady, after a labour rather severe, was delivered of her first child; the placenta did not follow in less than two hours, and was then delivered with so much pain, that from circumstances, as well as from what followed, there is reason to believe much mismanagement occurred. From sometime before the delivery, a suppression of urine took place, which continued above three days, during which time, in addition to much pain, she complained of a continual nismus, as if something was to come away. On the fourth day, while sitting on the pan, and endeavoring to pass her urine, the whole womb was suddenly thrown out of the vagina. It was eight or ten hours before medical assistance could be procured, to replace it; and actually saved his patient's life, by preventing the midwife from rudely attempting to bring it away; which she insisted on doing, asserting it to be a part of the placenta left behind.

By the time the physician arrived, the nurse had so far succeeded, as to replace the womb within the vagina; the urine was immediately drawn off by the catheter, but it was then found to be impossible to revert the womb. For upwards of thirty years this lady remained subject to profuse hemorrhage, and consequently endured a very feeble state of health, but has survived until her menses have ceased, and enjoys a perfect state of health."—*Bard.*

To these miserable details of the unhappy results of ignorance among females, I might add some similar circumstances that have occurred in my immediate neighborhood, but I shall forbear to give any relation of the circumstances, as I might be accused of motives of interest in bringing such things before the public. I will only say that I have beheld scenes in practicing midwifery, the bare recollection of which at this moment makes me shudder. I hope the time is near at hand when the people will awake to their true interest, and by refusing to call upon those females who attempt the practice of midwifery without the necessary qualifications, cause all those who wish to engage in a practice of such vital importance, to first prepare themselves for the faithful performance of the duties involved in the same. Imagine not my fair readers that I wish all females to be prevented from pursuing the practice of midwifery. Far from it. Were an intelligent woman to take the necessary steps to acquaint herself with anatomy, physiology, and every thing pertaining to the art, she of course would be qualified in a greater degree than any man of similar acquirements, to act as an accoucher. Let females study sufficiently, previous to engaging in practice, and I would say, let them monopolize the practice of obstetrics, to the entire exclusion of men. A female attendant in whom the patient in child bed could place the most implicit confidence, would surely be the most agreeable, but as the

practice is now pursued, I tremble at the anticipated results, to many an affectionate mother and her infant.

Only look around you and see the effects of ignorance among midwives that you have knowledge of, and take warning by the same. Although most of my aged female readers know something of the injury society has sustained, from the errors of female midwives, yet none of you I presume, has a most distant idea of the mischief that has been done. Ask the physician who has been in practice some thirty or forty years, and he can tell of many mothers and infants that have been sacrificed to the unskilful conduct of midwives. Should not such results be sufficient to arouse mothers to a sense of their danger? Should not every physician in whose breast a feeling of philanthropy exists, raise his voice against such conduct? I feel it my duty to do so, and suffer me to warn you my fair readers, as mothers, as daughters, as wives, to discountenance such dangerous practice among your female friends. If any one of you feel that your duty requires you to become midwives, for humanity's sake, for the sake of suffering mothers, for the sake of posterity, recollect at the same time that you are bound to qualify yourself for such an important undertaking. Think not for a moment that I would wish to indulge in any remark that would tend to disparage the private worth of any female.

As worthy old ladies as ever lived, pursue the practice of midwifery, without the proper qualifications; and I freely, and with candor declare, that I have derived some information in medicine from unlettered females, and even from the uncultivated children of the forest. If in any remarks I may have made upon this subject, I have injured the feelings of any individual, I hope it will not be attributed to a disregard for the feelings of others, but to a sincere desire to promote the public good.

I will here remark, that ignorance in midwifery, is not confined to female practitioners.

Many physicians are quite ignorant of the principles of midwifery, and even some who are extensively employed in this particular branch of practice, and have a considerable reputation as “*grannies*,” (in consequence of not having been called to any one difficult case,) are men of too limited abilities, and too small a share of scientific attainments, to be depended on in any case attended with the least difficulty. There is nothing by which the community can be imposed upon more, than practitioners of midwifery, male or female; and there are too many characters who wish to be called “*doctor*,” now engagad in the practice, whose empty craniums and athletic frames, qualify them much better for making rails, and cultivating the soil, than for performing the delicate task of a midwife.

To show that ignorance may be found among my professional brethren, I will give an instance. I was sometime since called to a lady with whom a female midwife had been three days, and a physician one. On my arrival, I found the doctor busily engaged with the patient, and the female midwife gone home *greatly alarmed* about the poor woman’s condition. On entering the room, the doctor arose and asked me to walk out with him; I did so, and on my enquiring the difficulty attending the case, he replied that he could not tell. I asked him if the mouth of the uterus was much dilated—he answered that the dilation was considerable. I then enquired if she had proper pains, and was informed that she had.

“What then,” said I, “is the difficulty? Is the presentation unnatural?”

He replied, that it was a breech presentation.

I returned to the patient’s room, and on examination,

found a face presentation! I informed him of his mistake, and after a re-examination, he acknowledged that *he was wrong*. I discovered that too much interference had put an entire stop to the natural pains, and all that was necessary, was a dose of ergot, to produce sufficient pain. I proposed this plan to the doctor, but he strenuously opposed it, saying that there was too great danger. I endeavored to reason with him, speaking of the extensive dilatation of the mouth of the uterus, but he was inflexible.

I accordingly told the husband of the lady we differed, and enquired which should take the responsibility. He said that he wished me to do it. I then informed the doctor that I should assume the responsibility of acting as I thought best, and requested him to administer the infusion of ergot, as I directed, and if the patient died, the blame must fall on me. He did so, while I attended to the lady, and in twenty minutes I delivered her of a dead foetus, with its face mangled most shockingly.

In conclusion, I will say, that the female who is about to call for assistance in midwifery at any time, and in any section of country, should be guided by reason and common sense, and if a female be in her neighborhood, engaged in the practice of midwifery, who has qualified herself, call upon her in preference to any man, but if she be unqualified, call upon a good physician by all means.

DISEASES OF CHILDBED.

PUERPERAL PERITONITIS—CHILDBED FEVER.

This affection is ushered in by slight chills, alternating with flashes of heat; severe pain is generally felt at the lower part of the abdomen, which is very tender to the touch. The pulse becomes full and frequent, and fever prevails throughout the disease. Although this disease is usually termed childbed fever, it is strictly an inflammation of the peritoneum, or lining of the abdomen. The disease generally runs its course in five or six days, when it terminates in resolution, or death. Too great exposure to cold, is the most frequent cause of this complaint—females in childbed, should therefore be very careful not to get out of bed, without being well wrapped, so as to be protected from cold. An equal degree of warmth should be maintained, as near as possible, during confinement. Sometimes the disease is occasioned by local injury to the peritoneum; hence it often results from the mismanagement of midwives. Upon an attack of this kind, the patient should be bled freely, suffering the blood to flow from a large orifice, until it be reduced in fulness. This should be done in twenty-four hours from the commencement. After bleeding, an active cathartic should be administered. Two table spoonfuls of castor oil, with three tea-spoonfuls of spirits of turpentine, are highly recommended; but my usual plan is, to give twenty grains of calomel, with ten or fifteen grains of rhubarb, and if this should not operate in four hours, I give a table spoonful of castor oil, and repeat every hour, until purging is produced. Some stimulating liniments should be rubbed over the part, that is painful and tender. Equal parts of spirits of hartshorn, and sweet oil combined, answers well for this purpose. Sweating

after the purging ceases, is of much benefit. A tea-spoonful of spirits of nitre, and antimonial wine combined equally, given every hour in some warm hyssop, sage, or balm tea, until sweating is induced, answers the purpose well. In any attack of this disease, *I would advise you to call in a physician, if one can be had.*

PHLEGMASIA DOLENS.

This peculiar disease is confined to females in child bed and is known by a pale, tense, tender swelling of one of the lower limbs. The patient from five to ten days after having a child, feels pain and stiffness in one groin, accompanied with chills, which are soon followed by fever. The entire limb soon becomes much swelled and very painful to the touch. Upon rubbing the hand over the skin, you will find a number of hard ridges, and the skin, though very hot, is whiter than usual. The duration of the disease is variable, continuing from two to five or six weeks or more. Sometimes it terminates in suppuration, which is always attended with great danger.

Treatment.—In the commencement of the attack, blood should be freely drawn from the arm. From a pint to a quart should be taken, agreeably to the situation of the patient, and the impression made upon the pulse by the bleeding. An active purgative should be given and repeated agreeably to the effect. A drachm of magnesia should be given every two hours until purging ensues. Diaphoretics should next be given. Seven or eight grains of Dover's powders with three or four of ippecacuanha, given every two hours, until sweating is produced, answers well for the purpose. Flannel wrung out of hot vinegar and water, should be applied to the affected limb, and re-

peated often in the day. The diet must be light. If convenient, a skilful physician should be had by all means.

DISEASES OF INFANTS.

COLIC OR GRIPING.

In slight colic of infants, ten or twelve drops of paregoric in a little sweetened water is sufficient to afford relief.—In more severe cases, a tea-spoonful of castor oil, with five or six drops of paregoric, must be given and the child put into warm water. Should this fail, apply to a physician.

JAUNDICE.

Infants are sometimes affected with this disease. The skin becomes yellow, and the stools are of a dark green colour. Two or three grains of calomel should be given to a child a week or two old, and this should be repeated in three or four days, if the situation of the child demands it. The warm bath should also be used.

SORE EYES.

When an infant has sore eyes, it should be kept with the eyes excluded from the light, as much as possible, and the eyes washed with a weak solution of sugar of lead, two or three times a day. Two grains of sugar of lead dissolved in an ounce of water, will answer very well for the purpose.

APHTHÆ, OR THRUSH.

This well known disease in its simple form, requires nothing more, generally, than the use of a solution of borax, as a wash for the mouth, or mixing powdered borax with honey, and putting a small quantity into the mouth occasionally. There is, however, a form of thrush that requires more active measures. The whole intestinal canal is sometimes affected. The little patient has high fever, pain in the bowels, &c., and the eruption within the mouth becomes yellow, or even black. In such cases, a small dose of rhubarb and magnesia should be given, the child put into a warm bath, and the borax used as above directed. Should this fail, apply to a physician.

INFLAMMATION OF THE NOSTRILS.

Though this is generally a trifling affection, it sometimes becomes very dangerous; the inflammation extending to the throat, giving rise to extensive suppuration, eventually destroying life. The disease prevails mostly in cold weather, the patient first sneezing—and if you will examine the nostrils, you will find them much swelled. The voice becomes hoarse, the breathing difficult, and a copious discharge of a thin watery fluid takes place from the nostrils, which in a few days changes to a thick mucous. The child is dull, and sometimes sleeps much. In consequence of the nostrils being stopped up, the infant is often unable to suck. A gentle dose of calomel and magnesia should be given at the commencement of this affection, and the bowels be kept open with castor oil, repeated as often as occasion may require afterwards.

Hyssop tea should be given after the first active purging, so as to produce sweating. In severe cases a blister should be applied to the back of the neck. Should this plan fail to relieve in a few days, call in a skilful physician.

BOWEL COMPLAINT, OR DIARRHŒA.

Most infants are affected sooner or later with this affection. Disordered condition of the mothers milk, cutting teeth, exposure to cold or damp air, and improper diet, are among the causes of this disease. In severe cases accompanied with high fever, three or four grains of calomel, with two or three of Dover's powder, should be given, followed with castor oil. In more mild cases, a dose of castor oil with ten or twelve drops of pægoric, would perhaps answer. A mucilage of gum arabic or slippery elm bark should be freely given. Should these measures fail, call a physician.

CHOLERA INFANTUM, OR SUMMER COMPLAINT.

The summer complaint of infants, or vomiting and purging, is well known in every section of the southern country, and needs no description from me. The treatment is similar to that pursued in diarrhœa, but a physician should always be consulted if it is practicable.

PART FOURTH.

A HISTORY OF MEDICINES.

CALOMEL.

This being quite the most important of our medicines, I place it at the head of the list. As a purgative it is used in doses of from 20 to 40 grains in almost all diseases in which an active cathartic is necessary. In congestive fever it is certainly the only article upon which we can depend with any certainty as an evacuant of the bowels. In this disease, from thirty to forty grains should be given for a dose, and repeated in quantity and frequency, agreeably to the constitution of the patient, and violence of the disease. In congestive fever the liver is gorged with bile, and we have no remedy as good to remove this engorgement as calomel. In the ordinary billious fevers of our country, it is also our chief purgative, and in fact it is used in almost all febrile and inflammatory diseases, by all skilful physicians with the happiest effect. True, this, as well as all other valuable medicines, is capable of doing mischief when in the hands of empirics, and even in the hands of good physician, it is sometimes attended with unfavorable results, in consequence of some peculiarity in the constitution of the patient, against which he cannot possibly guard. Is this any argument against the use of it? Almost any blessing can be converted into a curse by mismanagement. We know the stomach is often disordered in such a manner, that

any article of food will produce violent sickness and vomiting. Should we on this account discard all the luxuries that Heaven has bestowed upon us? Any rational man will say at once "no." As a matter of course, we must not lay aside a medicine which has had the most decided beneficial effects in one thousand instances, and a deleterious effect in only a single case. I have used this article extensively in a practice of seven years, and have seen no unhappy effect in but one instance. This was in consequence of a peculiarity of constitution, which I could not possibly foresee. The system was entirely insusceptible to the ordinary effect of mercury, and the patient doubtless suffered more, (though life was prolonged a few days) than she would have done without the use of calomel. Though this was the only case in all my practice in which I, in the least regreted the use of calomel, some of the people were loud in their cries against me for using "*mercury*" (as they pleased to term it) urged and no doubt by a few ungenerous, ungentlemanly, interested physicians. I venture to assert that I have resorted to salivation less than any physician of my acquaintance, having salivated but three or four patients in my life. Though salivation has snatched many an individual from the jaws of death, I have ever been opposed to it only as a last resort in severe diseases. It is evident that the popular voice is against the use of mercury, hence a few individuals in the United States have seized the propitious moment, (as they think,) and under the names of "Botanic Doctors," "Thompsonians" &c., are going over the country pouring their empirical remedies into those who are sufficiently infatuated to employ them, to the manifest injury of the community among whom they practice. These men are loudly declaiming against all minerals, as poisons, and at the same time using indiscriminately, lobelia, and many more of the most virulent poisons

of the *materia medica*. This is not to be wondered at. When we see the prejudice that exists against mineral medicines, we need not be surprised that indolence and avarice should influence some men to try to impose upon the credulity of the people.

Can it be possible that these wonderful "life preservers" are aware of the minerals that exist in their vegetables, when they are crying out so lustily against the medical profession. These are not all who are exclaiming against calomel. Even some of our profession, in order to sail with the popular current, with that disingenuousness characteristic of grovelling minds, join with the general cry against mercury. Occasionally, a self important foreigner will come among us, and finding that calomel is unpopular with the great mass of the people, will shrug his shoulders, and with a knowing wink tell the people that these young doctors are killing them with calomel, when at the same time, he is himself disguising the article, by putting it into pills and boluses, and pouring it into his patients perhaps to a greater extent than those whom he denounces. While coming out in sweeping denunciations against the physicians of the country, whom they are pleased to call "*quacks*," they are guilty of more empiricism themselves, and combining many medicines together to prevent an easy exposure of their practice. Some of these foreigners seem to suppose because they were born under a monarch, have crossed the "*big waters*," can imitate the actions of a monkey, and utter broken English, that they should have the decided preference over a native born American. Such want of candor, such selfishness, such ungenerous conduct towards the medical men of our own country, and such despotic feeling, deserve the public censure: but it seems that the multitude delight in something novel. When a foreigner comes into our country calling himself a physician, how soon will some one say

“Oh, he is a *great doctor*, he come from France, England or Germany, he was seven years in the Hospital, he is a well read man, a classical scholar, pursues a new plan in fever” &c &c., without the slightest evidence of his having any medical knowledge, or even a common good education, more than his own boasting.

How infatuated, people are! can any one suppose that a physician born in a far country, in a climate entirely different from ours, can be as well qualified for managing diseases of this country, as one brought up in our own climate, and practicing in the same? Surely any person will see at once that our own citizen has the advantage. Then why encourage a foreigner in preference to one brought up and educated with you? Why cause the intelligent medical man, who received his medical information within your own knowledge, to abandon the home of his youth, and fly to a land of strangers to seek that encouragement that you withhold from him? Imagine not that I wish real worth to be overlooked, because it is beheld in the garb of a foreigner, I have no such wish. Judge a tree by its fruit, and suffer not envy or prejudice to sway your judgment about a physician of your immediate section of country. To return to the subject of calomel, I will say that I detest that hypocrisy, dishonesty, and downright meanness, that will cause a member of our own profession to abuse his brethren for using calomel, and at the same time disguising it with other medicines, and giving it to as great an extent as any other.

As to myself, I say with that candor that I hope will ever characterize my life, that I have used it extensively and with the happiest effect. I here say without hesitation, and fearless of successful contradiction, that calomel is one of the best remedial agents of which we have any knowledge. Where is the medical man, where is the modern Paracelsus, who dares to lift his pen against this important

medicine? The experience of the best physicians of this and all other countries, has proven the truth of my assertion respecting this highly important article.

RHUBARB.

This is also a cathartic, given in doses of from 20 to 40 grains, combined with calomel in 10 or 15 grain doses.—I use it extensively in almost all febrile and inflammatory diseases, but seldom use it alone. Given in doses of from 4 to 10 grains, it has a good effect in dyspepsia as it is gently tonic. From one to two grains of rhubarb, with 4 or 5 grains magnesia, answers well for the griping bowel complaints of children. It is sometimes applied in powder to ulcers.

JALAP.

This is a more drastic purgative than rhubarb; the dose is from 20 to 40 grains. It is used by some physicians in this country, in combination with calomel, in fevers. I seldom use it except in dropsical diseases. Combined with cream of tartar, one part of jalap, with three parts of cream of tartar, and given in tea-spoonful doses, twice a day, it has a happy effect in dropsy, bringing away copious watery discharges from the bowels.

SENNA LEAVES.

This is sometimes used as a purgative in infusion. I have sometimes used it after a dose of calomel, by putting a small handful of the leaves into half a pint of boiling water, and after infusing a few minutes, taking a table spoonful or two every hour until purging commences. I also use the infusion with children, in doses proportionate to the age, in consequence of the ease with which we can administer it. In making the infusion care must be taken to keep the vessel covered.

ALOES.

This given in from five to fifteen grains acts as a cathartic, though it is seldom used alone in this manner. From one to two grains given once or twice in twenty-four hours answers well to obviate habitual costiveness, and is especially beneficial in persons whose digestion is impaired, or whose liver is in a torpid condition. Combined with other medicines as in Cook's pills &c., it is valuable in various diseases. The habitual use of aloes is apt to produce piles.

CASTOR OIL.

This is an article well known in domestic practice given in doses of from one to two table spoonfuls as a gentle cathartic. Two table spoonfuls of this oil with 25 or 30 drops laudanum, answers well in dysentery and other bowel affections. To remove bilious matter from the stomach, it is of no use, but given after a dose of calomel

it answers very well. In the colic of infants it can be given in 5 dose of a tea-spoonful or more agreeably to the age of the patient.

FLOUR OF SULPHUR.

This I seldom use, only as a laxative combined with cream of tartar. These two articles combined in equal quantities, I have used in piles with good effect, in doses of a tea-spoonful two or three times a day. I also use it in this way to obviate costiveness, and keep up a regular action of the bowels.

MAGNESIA.

This I seldom use, only as before mentioned in combination with rhubarb. It serves to correct acidity of the stomach, and is very useful, given occasionally in doses of a tea-spoonful, to women in a state of pregnancy, who are troubled with heart-burn.

CREAM OF TARTAR.

This is a pleasant article to take as a laxative, in warm weather especially. I sometimes use it while using other medicines in fevers, letting the patient have a small quantity in a cup of water occasionally. It is cooling to the system, and promotes the discharge of urine. Combined with epsom salts, it is sometimes used in doses of a tea-spoonful twice a day, to prevent costiveness.

EPSOM SALTS.

This well known medicine is of little benefit in any way, except given in small and repeated doses, to cool the system and prevent costiveness. People often use salts in bowel affections to their manifest injury, as it is decidedly deleterious in such cases.

IPPECACUANA

This I consider one of the most valuable emetics. The dose for an emetic is about twenty grains, but I prefer putting from 25 to 30 grains into four table spoonfuls of warm water, and giving one fourth of the mixture every 15 minutes, until vomiting takes place. I give all emetics which I use in this way. This is certainly the safest plan, as double the quantity is required to operate on one individual as an emetic that is upon another. I find ippecacuanha, twenty grains to one pint of cold water, an excellent article as a cooling diaphoretic in fevers. My plan is to give a table-spoonful of this mixture once in two hours. If it produce vomiting, the dose must be lessened. You will find this medicine in several combinations hereafter.

EMETIC TARTAR.

This is used as an emetic in doses of from two to four or five grains. It seems to be placed as the most important emetic by the most of writers, but owing to its violence I am opposed to it except in cases attended with immediate danger, and an active emetic much needed. I

have used it only in a few cases of croup as an emetic. One grain of emetic tartar dissolved in a quart of water and used in two days, continuing the use for several days is an excellent plan, for removing an enlargement of the spleen arising from intermitting fever.

PINK ROOT.

This vegetable which grows in our own country, is certainly one of our most valuable remedies for removing worms from the intestinal canal; though some of our physicians from an aversion to every thing "common" neglect the use of it. Fearing that the people will become acquainted with the importance of the article, and obtain it themselves, thereby avoiding the necessity of calling a physician, some of the profession are so selfish as to endeavor to keep the people ignorant of its qualities. I usually take a small handful of the herb (root, stem and leaves) to which I put a pint of water, and after boiling it a few minutes and letting it cool, it is fit for use. Of this decoction I give one tenth every hour until it is all taken, to a child from two to six years old. Immediately after I give the last of the decoction, I give a good dose of calomel. This plan has generally succeeded in my hands.

OIL OF WORM SEED.

The oil of worm seed is used for worms also. From three to eight drops mixed with sugar can be given to a child two or three years old, twice a day for three or four days followed by an active dose of calomel. This is a good plan, but I seldom resort to it.

PERUVIAN BARK.

This is a valuable tonic and has been much used in intermittents, in doses of from one to two drachms every hour during the intermission; but since quinine has been in use, the barks are seldom used, except among some of the old physicians who seem to suppose their own plans better than any other, because they resorted to them forty years ago. Quinine is the active principle of the bark, and one grain of it is equal to a drachm of the barks, then, why give the bark so disagreeable to the stomach? One grain of the quinine given every hour during the intermission is sufficient to arrest an ague in a few days, provided the system is prepared for the administration.

COLUMBO.

This is a good tonic to be used during convalescence from fevers and other cases of debility, three times a day. From 15 to 30 grains of the powdered root, or from one and a half ounces to three ounces of the infusion may be taken for a dose. The infusion can be made by pouring a pint of water to a half ounce of the root, and letting it stand a few hours when it will be fit for use.

GENTIAN

This root which can be procured at any of the shops, is similar in property to columbo and can be used in like manner.

WILD CHERRY.

The bark of this tree is a very strengthening medicine, and answers well in debility. In jaundice it is particularly beneficial. Infuse an ounce of the bark in a pint of cold water 24 hours, and take a wine-glassful three or four times a day.

DOGWOOD.

The bark of this tree is similar to the peruvian bark: and thirty five grains of the dogwood bark are equal to thirty of the peruvian. It can be used in infusion either alone or with the wild cherry bark in a similar manner to remove debility and restore the strength.

RUST OF IRON.

This is an excellent tonic in feeble and cachectic conditions of the system. In the green sickness of females, suppressed menses, and other diseases attended with debility it is a very good remedy. It is also used with great benefit with those children who are pale and dropsical, laboring under what our good mothers call "*cachexy*." It should be given in doses of from ten to thirty grains three times a day. There are other preparations of iron unnecessary to mention.

OAK BARK.

The oak bark used in medicine is the bark of the black oak. A decoction of this bark has been used successfully in intermittent fever, but is certainly an inferior article. I have used the decoction when cold as an injection in prolapsus uteri and uterine hemorrhage with good effect. The oak bark powdered and made into a poultice, or the decoction made into a poultice, is a good application to mortified or gangrenous parts. The decoction for internal use can be made by boiling two pints of water with an ounce of the powdered bark down to one pint. The dose is from one to two ounces.

KINO.

This gum is an active astringent. From 20 to 40 drops of the tincture is a dose. In the advanced stages of diarrhœa and dysentery, I have used it with good effect; but I prefer combining it with other medicines, as prepared chalk, &c. Among the compounds you will find a formula for such cases. It is recommended in watery solution as an injection in fluor albus and gonorrhœa.

SUGAR OF LEAD.

Sugar of lead is a valuable astringent in many cases. It is nevertheless attended with some danger, and persons should not use it without the advice of a physician, as an internal remedy at least. I have used this article in the debilitating night sweats of consumption with decided advantage, in doses of three grains with one grain of

opium. Two or three grains of sugar of lead with half a grain of opium, given three or four times a day, has proved effectual in arresting a discharge of the blood from the bladder in a short time. Five or six grains of the former with one or two of the latter, is our surest remedy in uterine hemorrhage, or flooding. My plan is to repeat it every hour until it has the desired effect. The internal use of this article is recommended in some other diseases. As an external application, a solution of sugar of lead is good to apply to any inflamed part. Any recent swelling, highly inflamed, would be benefited by it. It is also useful as an application to hemorrhoidal tumors or the piles. A weak solution is very good for inflammation of the eye or sore eyes.

ALUM.

This is an article so well known that it is unnecessary to say much about it. It can be used in inflammation of the throat, and affections of the palate, dissolved in some gargle with decided benefit. Half a drachm of alum dissolved in a pint of an infusion of peruvian bark, forms a good gargle in putrid sore throat, or that quantity dissolved in a pint of sage tea answers well in sore throat, or relaxation of the palate of the mouth. As an internal remedy I have never used it, though it is recommended in some diseases. Dr. Eberle has used it with ippecacuanha in fluor albus, with advantage. He gave from six to ten grains of alum with four or five grains of the ipecac two or three times a day. Dr. Dewees also used it in this.

SAVIN LEAVES.

I wish to speak of this as an emmenagogue. Medical writers seem to differ in their opinions about its powers in this respect. As to myself, I can say that in every case of long retention of the menses that has come under my care, I have used it with unequivocal benefit. After having first paid some attention to the general health, I gave it in doses of from 15 to 20 grains three times a day until menstruation came on. In robust, plethoric patients, the system must first be placed in a proper situation by bleeding, purging, &c, and in weak relaxed females, I use preparations of iron and other tonics, until the system is renovated, and then resort to the use of the powdered savin leaves.

SENEKA SNAKE ROOT.

This is highly recommended by Dr. Chapman of Philadelphia as an emmenagogue. I have never used it in but one case of amenorrhœa, and that without any effect, but the testimony in its favor is good, and I would advise a fair trial of it. A decoction made by boiling an ounce of the bruised root in a pint of water, until it is reduced one third, should be used.

Three or four ounces of this should be used in a day, and gradually increased to as much as the stomach will bear.

OPIUM.

This though a dangerous medicine, is one of our most powerful remedies. It is employed in a variety of diseases. I have given from one to two grains of it one hour before an expected paroxysm of ague, and prevented the attack completely. It should not however be given until the system has been reduced by purging. It is recommended in locked jaw, St. vitus' dance, gravel, neuralgia, violent cramp colic, rheumatism, &c. I have used it in almost all of the most painful diseases, when no fever exists, with the most happy effects. A grain of opium, or 30 drops of laudanum, is a common dose.

CAMPHOR.

This is also a medicine much used in painful, spasmodic, and convulsive affections. It is recommended in mania, chorea, puerperal convulsions, rheumatism, painful menstruation, catarrh, typhus fever, and other diseases. The dose is from two grains to a scruple.

ASSAFÆTIDA.

This is one of our most valuable antispasmodics, and applicable to almost all nervous affections. It is used in hysteria, typhus fever, chorea, and other diseases. I have used it in watery solution in asthma, with the happiest effect. The dose, in substance, is from three to thirty grains.

SULPHURIC ÆTHER.

This is a diffusible stimulant, and antispasmodic, given in hysteria and other spasmodic affections. I have generally used it in combination with laudanum in severe colic, in paroxysms of gravel, to check vomiting, &c. Dose from one to three tea-spoonfuls.

CARBONATE OF AMMONIA, OR HARTSHORN.

This is one of the most valuable stimulants. In the sinking stage of typhus fever, and other diseases it is our principal stimulant. It is also recommended in chronic rheumatism, flatulent colic, hysteria, and other cases.—It is certainly our safest remedy, used both externally and internally, for the bite of the rattlesnake and other poisonous reptiles. The dose of the carbonate, is from five to twenty grains; and of the spirit, from 10 to 30 drops.

NITRE.

This is a diaphoretic sometimes used in fevers, in doses of from ten to fifteen grains. I seldom use it only in combination with other medicines. A solution of nitre in vinegar is recommended in scurvy. Eight ounces of nitre, are dissolved in sixty ounces of vinegar, and from three to eight ounces of the solution taken in the course of the day.

EUPATORIUM PERFOLIATUM, OR BONE-SET.

This is a valuable medicine growing plentifully in our bottoms. In large doses it proves emetic, in small doses it is diaphoretic and tonic. It has been successfully used in ague. A weak infusion, taken at bed time so as to produce sweating, is good in catarrhal affections, acute rheumatism, &c. Dose of the powdered leaves, from ten to twenty grains as a tonic or diaphoretic. An infusion made by pouring a quart of boiling water to two drachms of the leaves may be used, a gill once in three hours, until sweating is produced.

GUM GUYACUM.

This medicine has been much used in rheumatism, gout, &c. It is also recommended in chronic catarrh, and painful menstruation. Dose of the powdered gum, from ten to thirty grains; and of the tincture, from one to two tea-spoonfuls, given three times a day.

SARSAPARILLA.

This plant, growing in various parts of the United States, is a valuable medicine in many diseases. It is recommended in the venereal affections, in scrofula, rheumatism, and chronic diseases of the skin. A gill of the decoction of the root, may be taken three times a day.

SPANISH FLY.

This article is known as the blistering fly. Besides being used for blistering, the tincture of the spanish fly is used in diseases. I have used it in immoderate flow of urine, and in painful menstruation, with good effect. From twenty-five to sixty drops of the tincture, should be given three times a day, observing to lessen the dose, or omit the use of it for a time, when any difficulty of making water occurs.

SQUILL ROOT.

This is a valuable diuretic and expectorant. It is used in dropsy, inflammation of the bronchia, whooping cough, and other coughs, generally when the system is free from fever. The dose in substance, from one to four grains, the tincture and vinegar, from thirty to sixty drops. The honey of squills can be taken for coughs, a tea-spoonful or two for a dose, three or four times a day.

BALSAM COPAIVA.

This is a diuretic much used in several diseases of the urinary organs. In gonorrhœa, or clap, it is a valuable remedy, combined with spirits of nitre, in equal quantities, and given in tea-spoonful doses three times a day; using at the same time a tea-spoonful of salts, night and morning, and living on a mild diet, will generally perform a cure in a short time. In fluor albus, I have used it with success. Thirty drops should be given three times a day. It is recommended in similar doses in diarrhœa of long standing.

SPIRITS OF NITRE.

This is a mild diuretic, and diaphoretic. As a diuretic it can be used with children, in doses of from ten to fifteen drops. As a cooling diaphoretic, I have used it with the best effects in fever. A tea-spoonful should be given every hour when the fever is high.

AGRIMONY. AGRIMONIA.

This vegetable grows in hedges, to the height of two or three feet. The blossoms which appear in July are yellow. *Cuckold* is the name by which this herb is known, in consequence of the seed in the fall of the year adhering to the clothes. Two handfuls of the root put into a quart of boiling water, forms an infusion much recommended by some in diarrhœa, scurvy, and jaundice. The dose is half a pint, to be taken three times a day. It may be sweetened with honey or sugar to suit the taste.

BLACK ALDER. ALNUS NIGRA.

This bush so well known in this country, grows in moist ground, springing up in clusters eight or ten feet high, and bearing a red berry. The bark is some times used in ague, and diseases attended with debility, and seems to possess a similar property to the Peruvian bark. It can be taken in decoction, a handful or two of the bark being put into two or three pints of water, and boiled until it is strong, and a tea-cupful taken three times a day.

BARBERRY. BERBERIS VULGARIS.

This shrub grows in hedges, and along roadsides. The leaves are very tender, of an oblong shape, and much liable to the rust. A decoction of the berries, made by putting a double handful, to three pints of water, and boiling down to two pints, is much used, by some, for jaundice, and is also used in dysentery, and other bowel affections. Dose, a tea-cupful four or five times a day.

DEWBERRY AND BLACKBERRY.

These fruits, though found on different kinds of briars, are wholesome, when ripe.

A decoction of the root of the dewberry especially, is an excellent remedy, in dysentery. Two handfuls of the root should be put into three pints of water, and boiled down to a quart. Milk however would be better than water. Dose for an adult, is a tea-cupful, once in three hours. I have myself prescribed this with benefit.

PUCCOON ROOT. SANGINARIA CANADENSIS.

This plant grows about one foot high in rich places. The flowers are white, and appear in the month of April on naked stems. The leaves are some round, and indented like those of the white oak. From twenty to thirty grains of the root in powder, is an active emetic, and one grain of the same taken once in two or three hours produces sweating. Dr. Smith of New Hampshire, is said to have cured polypus, by having the powder of puccoon root snuffed up the nostrils. It has been used with ben-

effit in inflammation of the lungs. From twenty to thirty grains of the powdered root, should be infused in half a gill of hot water, and one or two tea-spoonfuls taken every half hour or hour, agreeably to the violence of the disease, until some abatement of the symptoms occur. It is recommended by some in 'dropsies, consumptions, whooping cough, &c.

BEECH DROP. OROBANCHE VIRGINIANA.

This grows in every part of the United States, or nearly so, and is usually found under the beech tree. It has considerable reputation in cancerous affections. The powder of the root has been applied to cancers, and indolent ulcers, with decided benefit. It has been used in infusion in dysentery, but I know nothing of its beneficial effects in this disease. A decoction has been applied to the skin in erysipelas, with some benefit.

SWEET FLAG. ACORUS CALAMUS

This article is found in shallow water, and low marshy places. The leaves are long, and in the shape of a sword. The root has a strong, aromatic smell, especially when dry. This part of the plant, taken in infusion, promotes digestion, has a tendency to prevent flatulent colic, &c.

Added to wild cherry bark, dogwood, or peruvian, and made into bitters, it answers well to take once, or twice a day, to prevent ague, &c.

CINQUEFOIL. *POTENTILLA REPTANS*.

This grows in our pastures, and resembles the strawberry vine. The vine runs along on the ground, having five leaves together, and a yellow flower. A decoction made by boiling a handful of the root, in a quart of water, is an excellent remedy in dysentery, and other affections of the bowels. Dose for an adult, a tea-cupful three or four times a day.

COMFREY. *CONSOLIDA*.

This well known plant, is cultivated in our gardens, the leaves are large, and of a pale blue color, the root black on the outside, but white internally. A handful of the roots, boiled in a quart of milk, and used as the infusion of cinquefoil, is a good remedy in dysentery, gonorrhœa, and leucorrhœa, or whites; though, it should not be depended on to cure gonorrhœa, but used as an auxiliary.

CRANE'S BILL. *GERANIUM MACULATUM*.

Crane's bill grows in the woods and meadows, five or six inches high, has slender stalks, and seven leaves at a joint. The root, which is of a dark, knotty appearance, has a rough taste, and an aromatic smell. The powdered root in doses of a tea-spoonful three times a day, is a good remedy to check immoderate flow of the menses, the whites, gleet, &c. Among all the medicines used as stypticks, to stop bleeding, this article has acquired with some of the medical profession, the highest reputation. I have never used it; but we have authority in

favor of it as a powerful medicine to arrest bleeding from wounds; and though it originated as a styptic with the uncultivated children of the forest, it deserves the notice of every medical man; and should be cultivated in our gardens, as it is in other sections of the United States. The powdered or bruised root, should be applied to the bleeding surface, in order to stop bleeding.

ELDER. SAMBUCUS NIGAR.

The elder is well known in this country; it grows to a considerable height in hedges about meadows. When young, the stalk is full of peth, and as it gets old, it becomes entirely hollow. The flowers appear in July, and the berry when ripe, is of a purple color. The juice of the elder berry, evaporated by putting it into a broad dish, and placing it in the sun until it becomes of the consistence of a common extract, is a mild laxative, and answers well to obviate costiveness. It should be taken in doses from a tea-spoonful, to a table spoonful, sufficiently often, to keep up a regular action of the bowels. An infusion of a handful of the leaves to a quart of boiling water, answers the same purpose, and is said to promote perspiration also. The flowers stewed in lard, form a good ointment for burns.

SLIPPERY ELM. ULMUS RUBRA.

I have found the mucilage of slippery elm bark to be one of the most useful articles in dysentery and diarrhœa, that we can use. During my attendance in the Cherokee Hospital, the dysentery prevailed to a great extent, and finding many of the Cherokees opposed to taking

any medicines with which I could supply them, I directed to take slippery elm bark, make an infusion, and drink freely. This pleased them, and they would get the bark, make decoctions, and use it in large quantities—and many cases were cured in a short time with this remedy alone. I have used this mucilage in almost all febrile diseases, with good effect. There is no necessity to be particular about the quantity used, so that it is not immoderate. A decoction made so as to form a jelly, to which is added a little sugar and nutmeg, answers as a substitute for arrow root. A poultice made of the bark, is a good application for burns, wounds, ulcers, &c.

INDIAN TOBACCO. LOBELIA INFLATA.

Lobelia grows in dry fields, is about two feet high, flowers in July and August, with cups filled with many seeds. There are several stems to each plant, and the flowers are of a pale blue color. The leaves are oblong, and have a similar taste to common tobacco. The leaves are used as a medicine—and though a valuable remedy, lobelia is a most violent narcotic poison, and should be prescribed only by those acquainted with medicine. This is the principal emetic used by those Steamers, infesting some portions of the United States, calling themselves doctors, a large proportion of whom know as little of the *modus operandi* of lobelia itself, as they do of the human system, and as little of the human system as the ordinary farmers of the country, who have more honor and humanity, than to tamper thus with the lives of their fellow creatures. Some intelligent individuals, it is true, have been known to practice the Thomsonian system of humbuggery and empiricism, for pecuniary

gain, but they are "few and far between." Many valuable lives have doubtless been lost by the use of lobelia in unskilful hands. The leaves should be collected in August, and dried. From ten to twenty grains of the powdered leaves, answers as an emetic—or it may be given in tincture from a tea-spoonful to a table spoonful. As it is certainly a most powerful medicine, a safer way, and one I would prefer, would be to give only five grains of the powdered leaves, and repeat every fifteen minutes, until vomiting ensues. A tea-spoonful of the tincture, repeated in like manner, would answer. Given in smaller doses, viz: two or three grains of the powder, or twenty or thirty drops of the tincture once in three or four hours, it would be apt to produce sweating; though I should not advise it in this way. It is also sometimes used as an expectorant in consumption, &c. In asthma, lobelia has a most decided beneficial effect. Some permanent cures are said to have been effected by this article. It should be given in tincture during the paroxysm, in doses of from a half, to a full table spoonful, and repeated every ten or fifteen minutes, until a decided impression is made upon the disease, or vomiting occurs.

Dr. M. Cutler, an eminent botanist, who had been an asthmatic for ten years, cured himself by taking a table spoonful of the saturated tincture of lobelia, and repeating it every ten minutes during a paroxysm, until he had taken three doses. The first mitigated the violence of the disease, but produced no nausea; the second caused sickness, and the third caused "a prickly sensation through the whole system," and puked him moderately. This removed the disease, so that many years afterwards he had not had a paroxysm. The tincture can be made by putting two ounces of the dried plant into a pint of proof spirits.

In conclusion, I must remark, that this plant must be used with great caution, to ensure safety. While using it however, in small doses, should the patient become giddy, dim sighted, or tremulous, he should cease to use it, and call in a physician.

FLAX SEED. LINUM.

Flax seed infused in warm water, is an excellent drink in coughs and colds, and in difficulty of making water. A syrup made by boiling the tea, to which has been added a pint of honey to a quart of tea, over a slow fire for some time, taking off the scum as it rises, is said to be an excellent article in consumption, given in doses of a table spoonful repeated every two hours. A poultice made of the seed bruised, is a good application to boils, &c., to promote suppuration.

FOXGLOVE. DIGITALIS PURPUREA.

This is now cultivated in some gardens in the United States. It grows two feet high, has oval leaves full of notches around the edge, and purple blossoms hanging down in a row on one side, resembling the fingers of a glove—hence the name. Foxglove has been used with more benefit in consumption, than any one medicine. Given in the incipient, or forming stage of the disease, it has considerable power over this fatal malady. You will see in my remarks on the disease, that I have great confidence in the powers of this article. It is also highly recommended by some in dropsical affections, and I have used it myself in several cases, with decided benefit. From fifteen to sixty

drops of the tincture, may be taken three times a day. An ointment made by boiling the leaves in lard or fresh butter, is a good application for scrofulous sores.

GARLIC. ALLIUM SATIVUM.

This is stimulating, promotes expectoration, acts as a diuretic, increases the appetite, promotes digestion &c. and therefore is used in dropsy, asthma &c. The garlic mixed with crumbs of bread, and bruised until it is soft, to which is added, a little strong vinegar, forms an excellent application for the soles of the feet in low stages of disease, as typhus fever &c, especially when the feet are cold, and the blood rushes to the brain, it answers well as a derivative application. It has been internally exhibited in intermittent fever with success. It is given, one clove three times a day, gradually increased until four or five cloves are given at a dose. Externally applied to the throat, garlic answers well in the croup, and applied to the pubes it promotes the discharge of urine. A small clove wrapped in cotton or wool, and introduced into the ear, has been known to cure deafness.

GINSENG. PANAX QUINQUEFOLIUM.

This root grows plentifully in some of the northern and western states, grows on rich soil, has a smooth stem, divided into three branches towards the top, with a flower stalk in the middle, upon which a flower appears in July. It bears red berries, and the root is somewhat white, and wrinkled. The root has been highly valued by the Chinese as a remedial agent in almost all diseases, and large

quantities were once exported from America to China, where it was sold at a high price; but the Chinese, supposing the American ginseng, to be inferior to the Tartarian, have in a degree ceased to purchase that from this country. The ginseng is seldom used in the United States as a medicine, though supposed to be good in chronic coughs, given in decoction. It answers well as a substitute for tobacco, used in chewing, but the saliva is swallowed.

HOREHOUND. MARRUBEUM VULGARE.

This herb grows in almost every section of the United States. The flowers appear in July. The leaves are in common use in infusion for colds, and coughs. A syrup made by boiling a quart of the decoction of horehound with a pint of honey, of which, a table-spoonful can be taken, once in four hours, answers well in coughs. I have used it in consumption with as much benefit, as any expectorant.

HYSSOP. HYSSOPUS.

This plant which is cultivated in our gardens, is said to be good in asthma, coughs &c., given in infusion sweetened with honey. I have never used it only to assist other medicines, in promoting sweating. An infusion given in half tea-cupfuls, every fifteen or twenty minutes, between the doses of other diaphoretics, especially sweet spirits of nitre, answers well to promote perspiration.

AMERICAN IPECACUANHA. OR INDIAN PHYSIC.

This is an herb growing in low moist land both in meadows and in the woods, and grows two or three feet high. The root is given in powders as an emetic, and diaphoretic, and is supposed to be equal to the ipecacuanha of the shops. The dose of the powdered root as an emetic is from thirty to forty grains, though I should prefer giving twelve or fifteen grains every fifteen minutes, until vomiting ensues. To produce sweating, four or five grains can be given once in two hours, until sweating begins.

INDIAN TURNIP. ARUM TRIPHYLLUM.

This also grows in meadows to the height of six or eight inches, and has purple stalks, with three leaves upon a stalk, and red berries. The root which is very acrid, is used as a medicine, and has been recommended by good authority in consumption. It is given boiled in milk. I have known persons to use it in tincture, made by putting the root in any common spirits, such as brandy or whiskey, but I doubt the propriety of using it in this way, especially in any disease of the lungs. A conserve made of one pound of the powdered root, with three pounds of loaf sugar, is a much better prescription. A tea-spoonful of this mixture can be taken three times a day. An ointment made by boiling the root when fresh, in lard is a good application in scald head, and other eruptive diseases of like nature.

THORN APPLE, OR JAMESTOWN WEED,

This sometimes called *Jimson weed*, grows plentifully in some sections of this country in rich spots. It grows two, three, or even four feet high, flowers in July and August, and eventually has a bur, somewhat egg-shaped, covered with little briars, and containing the seed in great abundance. Every part of the plant is a narcotic poison, but a valuable medicine when properly administered. It is highly recommended in mania, and doubtless has had powerful effects in cases of mental derangement.

In epilepsy, its reputation is still higher, as it has been used often with success. Dr. Archer of Maryland, who used it to a great extent in this disease, declares that "the stramonium (Jamestown weed) in regular epilepsy is as efficacious as the Peruvian Bark in intermittents." It has also been prescribed in lockjaw or tetanus, chronic rheumatism, neuralgia, hooping cough, asthma, &c. The leaves of the Jamestown weed, put into brandy, is said to form a useful external application in rheumatism, and an ointment formed by boiling the leaves in lard is used in piles, burns, &c. The dose of the powdered leaves or seed, is one grain, four or five times a day, to be increased in quantity as the patient can bear it. In using it, if giddiness, head-ache, or dimness of sight, should come on, it must be omitted until these symptoms wear off.

MAY APPLE, OR MANDRAKE.

This grows in our bottoms a foot or two high, with three leaves, and the blossom which appears in April, is yellow. The fruit is egg-shaped, of a yellow color when ripe, and is wholesome. The root is an active cathartic, possess-

ing properties similar to jalap. The root should be collected in autum when the leaves begin to turn yellow. The dose of the powdered root, from ten to thirty grains.

MILK, OR SILK WEED.

This grows on sandy soil, along roadsides, about three feet high, with a square stalk, milky leaves, and yellow flowers, forming after a time, pods filled with down as fine as silk. A handful of the root boiled a short time, in one quart of water, forms a decoction, said to be useful in dropsy, colds, rheumatism, &c. The dose is a gill, three or four times a day of this decoction.

MISTLETOE. VISCUM.

This parasitical plant which grows on the oak, and some other trees, is well known in this country. It has been by old writers, highly extolled in epilepsy. I have made no trial with this article, but doubt its efficacy in any disease; though we have some good testimony in its favor in epilepsy, and no harm would result from a trial.

The mistletoe should be gathered in November, and when well dried and powdered, put into bottles which should be closely stopped. The dose is a tea-spoonful three or four times a day.

WORMWOOD. ARTEMISIA ABSINTHIUM.

Wormwood grows two or three feet high, and is cultivated in our gardens. The flowers are purple, the leaves having many points, are green on the upper side, and

the under side of a lighter colour, and downy. The whole plant is somewhat bitter. As medicine, it is recommended in ague, jaundice, difficult menstruation, dropsy, and dyspepsy. It can be used in infusion, a handful of the tops to a quart of boiling water; of this a tea-cupful can be taken three or four times a day. It is also used by some, to remove worms from children. I am induced to believe, that the use of it in the spring of the year, would tend to prevent children from becoming so weakly.

MULBERRY TREE. MORUS NIGRA.

The mulberry tree is well known in the United States, it bears a fruit at once pleasant to the taste, and wholesome. A syrup made of the juice of this fruit, is a useful gargle in inflammation of the throat. The bark of the root in powder has been successfully used as a cathartic, and also to destroy worms. The dose of the powdered bark is half a tea-spoonful.

MUSTARD SEED. SINAPIS.

Both the black and the white mustard seed are used in medicine. Used with food, mustard seed promotes digestion, increases the appetite, and is especially beneficial to persons who are generally weak. The seed can be used as an emetic by putting a table-spoonful of the powdered seed into a pint of warm water, and drinking it. A table spoonful of the seed not bruised, taken two or three times a day, is useful in chronic rheumatism, palsy, asthma, dropsy and dyspepsy. Sometimes a tea-spoonful of the flour of mustard, added to the peruvian bark or quinine, will prove successful in ague, when the bark alone may

fail. Mustard whey can be made by boiling three table spoonfuls of the bruised seed in milk and water, a half pint each, until the curd separates, then to the whey add a little sugar. Of this a tea-cupful may be taken three or four times a day in low stages of disease, especially nervous affections. Mustard seed mixed with flour and a little vinegar added so as to form a poultice, is an excellent application to the soles of the feet, to the ankles, and wrists in low stages of fever, when the blood does not circulate freely in the extremities.

PEACH TREE. AMYGDALUS PERSICA.

The bark, the leaves, flower, and kernel of the fruit of this tree have been used medicinally. An infusion of leaves taken in doses of a table-spoonful, repeated once in two hours until it operates on the bowels, is quite a useful purgative. I have known this preparation with a few drops of essence of peppermint or pægoric, to a dose, to have a powerful effect in diarrhœa and dysentery; and when a boy, I was repeatedly cured of a mild form of St. Anthony's fire, by using an infusion of the peach leaves freely.

We also read of some cases of billious fever having been cured by perseverance in taking from a gill to a half pint of an infusion of peach leaves, every two or three hours for a few days. It is likewise recommended in diseased kidneys and gravel. The kernel of the peach has been used with good effect in asthma. They should be taken two or three times a day in as large quantities as the stomach will bear. Should disagreeable symptoms occur, such as tremors, giddiness, vomiting, or any thing of this kind, the dose must be omitted for a time, and resumed in smaller doses,

PENNYROYAL. MENTHA PULEGIUM.

This is an article frequently used by our good old mothers, in obstruction of the menses. It doubtless possesses some such property, but it should not be indiscriminately used. In females of relaxed constitutions, it will answer, but those of a different state should avoid it, as it is highly stimulating. I must here warn females in childbed, who labor under a suppression of the lochial discharge, not to use pennyroyal. Generally speaking, where an entire suppression of that discharge takes place, inflammation of the peritoneum also takes place, or what is commonly termed childbed fever; and I have seen two or three females brought very near the gate of death by the use of pennyroyal tea, given, as the dear ignorant old ladies will tell us, "*to bring on her courses.*" In this state of affairs, every thing of a stimulating nature should be avoided. The infusion of pennyroyal can be made by putting a handful of the herb to a quart of boiling water. Of this, a tea-cupful can be taken three times a day.

PEPPERMINT. MENTHA PIPERITA.

This species of mint is used in colic, flatulence, languor, vomiting, &c. The infusion made by putting a handful of the mint into a pint of boiling water, can be taken in half tea-cupful doses, every two hours in colic, until relief is obtained. Of the essence, from a half, to a tea-spoonful, can be taken in like manner. Peppermint infused in brandy as hot as can be borne, and applied to the stomach, is good in nausea or vomiting, particularly in cholera morbus. I have checked vomiting in a few minutes by applying mint to the stomach. It is also good thus applied in colic, or any spasmodic affection of the stomach or bowels.

CAYENNE PEPPER. CAPSICUM ANNUUM.

This species of pepper is cultivated in our gardens to a considerable degree. It is highly stimulating, and has been used with benefit in colic, attended with cramp of the stomach, and in chronic rheumatism. It can be given in infusion, two pods to half a pint of brandy, and given in doses of half a wine-glassful, repeated in two or three hours, if necessary. Red pepper, steeped in brandy, is good to apply to parts affected with rheumatism—and the extremities, in low stages of fever. It is a medicine much used by those *life preserving steaming machines* in our country, called *steam doctors*, *Thompsonians*, *Botanic doctors*, &c.; and enters into several of their nostrums, which they give to *break a fever!!!* This is one of the many absurdities practiced by these empirics.

PLANTAIN. PLANTAGO.

The plantain growing so plentifully about our yards, has long been used as an antidote against the bite of the spider, snake, &c. The leaves are considered good to be applied to any fresh wound, as well as to a bitten part. They should be bruised. The juice is the part exhibited internally, for the bite of the snake. It should be given in doses of two table spoonfuls every hour, until some relief be obtained. The juice of the plantain is sometimes given in conjunction with that of horehound, or rue.

PLEURISY ROOT. ASCLEPIAS DECUMBENS.

This is a plant sometimes called fluxroot, that grows about our fences, and even in the woods, about two feet high, having yellow flowers which appear in July and August,

succeeded by long pods with a kind of silk attached to them. This plant appears to be much relied upon by many in this section of country, and doubtless possesses valuable properties. In colds and pleurisies, it is held in high repute as a powerful diaphoretic, producing copious sweating without heating the system. In pleurisy, as a diaphoretic, fifteen or twenty grains of the powdered root should be given every hour until sweating ensues. It can also be given in infusion, a handful to a quart of water, of which a tea-cupful can be given once in two hours until sweating comes on.

POKE WEED. PHYTOLACCA DECANDRA.

The juice of the poke berries (well known in this country) spread upon a cloth, is said to be an excellent application to scrofulous tumors. It should be pressed out of the berries, and evaporated by a moderate heat until it becomes tolerably thick previous to spreading it.

An ointment made by simmering the leaves in lard, is used as an application to ulcers. The root bruised is applied by some to the hands and feet of patients in fever. An infusion of the leaves is useful as an external application in piles. A tincture made by filling a bottle with the ripe berries, and pouring on them as much brandy as the bottle will hold, is very good in rheumatism, a wine-glass full three times daily. There are other cases in which this plant is sometimes used. Some persons make use of the young leaves for sallad, and also pickle them. This should never be done as the whole plant is poison. When a boy, I used freely of the young leaves and stalks pickled, which produced distressing sickness and violent vomiting; and though many years have elapsed since that time; if on taking my seat at a table on which pickles of

any kind are placed, I happen to think of the pickled poke, the mere thought produces nausea, and I am unable to taste a pickle. I am convinced that I was poisoned by the use of such pickle.

POPLAR. LIRIODENDRON TULIPIFERO.

The bark of the common poplar of our country, both of the body and root, is an excellent tonic, being but little inferior to the peruvian bark in ague, and the low stages of different diseases requiring strengthening remedies. The dose of the powdered bark is the same as that of the peruvian bark or it may be made into a strong decoction, and a tea-cup half full taken frequently.

PRICKLY ASH. ZANTHOXYLUM.

The bark of this tree is much relied upon in chronic rheumatism. The decoction should be made by boiling an ounce of the bark in one quart of water, and using a pint of this in the course of the day. It is also sometimes used in colic.

CHINA TREE. MELIA AZEDARACH.

The bark of this tree is good to destroy worms; but being a most virulent poison, it should be used with caution. The decoction can be made by boiling a handful of the fresh bark in three pints of water down to a quart. Of this half a wine-glassful, can be given to a child once in three hours, until it operates on the bowels. I have never used the china bark or root in practice, having been poisoned se-

verely when a child six years of age, by an over dose of an infusion of the root. I was speechless twenty-four hours, and had I not received an antidote from a physician at a distance, it is likely that I should not have survived another day. I would not advise the common use of this article among children.

SKUNK CABBAGE: DRACONTIUM FŒTIDUM.

The skunk cabbage grows in swamps and has a disagreeable scent, similar to that of the polecat. The powdered root has considerable reputation in several diseases. Given in doses of thirty or forty grains, it has had good effects in asthma. It should be given during the paroxysm, and repeated agreeably to the violence of the disease, and continued sometime after the paroxysm shall have subsided. In rheumatism and some other painful and spasmodic diseases, it has been used by some practitioners with benefit.

TANSY. TANACETUM VULGARE.

An infusion of tansy, which is cultivated in our gardens, is used by families as a common bitter. It is certainly good to promote digestion, by its tonic effect, and should be used in the morning, especially by those having feeble appetites, &c. It is also recommended in obstructed menses, and worms, and is very safe for children.

BLACK SNAKE ROOT.—SERPENTARIA VIRGINIANA.

This is a powerful diaphoretic, but should not be given when fever exists in consequence of its stimulating effects, In ague, it is an admirable remedy combined with peruvian bark. As a diaphoretic, it can be given in infusion made by boiling a handful of the root in a quart of water, and taking a tea-cupful every two hours until sweating is produced. It is valuable in rheumatism used in this way.

WHITE WALNUT. JUGLANS ALBA.

The inner bark of this tree powdered and made into common pills is an excellent cathartic, given in doses of four, five, or six such pills. One or two pills taken at bedtime proves serviceable in habitual costiveness. In full doses it is highly recommended in billous fever, dysentery, &c. The bark of the root powdered, answers very well to raise blisters.

WILLOW. SALIX.

The bark of the white willow possesses similar properties to the peruvian bark, and is an useful tonic in ague, and low stages of other diseases. A decoction should be made by boiling a handful of the bark in one quart of water. Of this a wine-glassful should be taken in intermittent fever every three hours, until three or four doses are given during the intermission every day, when practicable. In the low stage of other diseases, three doses a day will be sufficient.

SASSAFRAS. LAURUS SASSAFRAS.

A tea of the bark of the root of this tree, is an excellent drink for persons to use in the spring season, particularly those who are subject to diseases of the skin. An oil made from the buds, is used externally in rheumatism. The pith put into water, forms a mucilage that is used for sore eyes, with good effect.

RED CEDAR. JUNIPERUS VIRGINIANA.

The leaves of the common cedar of this country, possess similar properties to that of savin, and can be used as that article. For information respecting the manner of using the cedar leaves, see the article on savin.

WILD POTATOE. CONVULVULUS PENDURATUS.

This plant grows in sandy and moist lands, having a vine something like the common sweet potatoe, though running to much greater lengths. The flowers are white with some purple, and bellshaped, the root large and white. It is used as a cathartic in doses of from a tea-spoonful, to a table-spoonful of the powdered root. A decoction made by boiling a handful of the sliced root in three pints of water, has been recommended in gravel.

POPPY. PAPAVER SOMNIFERUM.

This article affording the opium spoken of in this work, is sometimes used as an external application, &c. The heads made into a poultice, can be applied to painful swellings with good effect. A syrup made by putting the dried heads into half the quantity of sugar, and simmering it slowly for one hour, is very useful in coughs, and complaints of the breast. It can be given in doses of a table spoonful three or four times in twenty-four hours.

ONIONS. ALLIUM CEPA.

The onion possesses similar property as a remedial agent, to the garlic, which article see. As an article of diet, the onion is generally considered very wholesome, but is stimulating, and should not be freely used in bilious habits, or those predisposed to fever. Persons of a phlegmatic temperament, would do well to use this article freely as food.

HORSE RADISH.

This article frequently used as an article of diet in this country, is certainly excellent to promote digestion, and should be used by those affected with dyspepsy.—As a medicine, it is recommended in dropsy, scurvy, rheumatism, and other affections.

I have never used it as a medicine, but doubt not its efficacy in some cases. The dose is a table-spoonful of the root, cut into small pieces, and may be taken three or four times a day.

A LIST OF COMPOUNDS.

COMPOUND CAMPHOR. LINIMENT.

Take gum camphor two ounces, water of ammonia six ounces, spirits of lavender, sixteen ounces; mix, and form a liniment. This is a useful application in rheumatism, and other painful affections of the joints.

OPODELDOC.

Take white soap one ounce, rectified spirits one pint, gum camphor three and a half ounces, water of ammonia six drachms, oil of rosemary half a drachm, oil of origanum one drachm; mix all together. This as is well known, is also used as an external application in painful affections.

COOK'S PILLS.

Take of calomel, rhubarb, and aloes, of each one drachm—water sufficient to form a mass. Divide into common size pills. This is a valuable cathartic to remove bilious, offensive matter from the stomach and bowels. Its frequent use is calculated to prevent fevers, &c. Dose, from three to seven.

REMEDY FOR DYSPEPSIA.

Take hickory ashes, one quart; soot, half a pint; boiling water, one gallon; mix, and let it stand twenty-four hours, then pour off the water. Dose, a wine-glassful after each meal.

VOLATILE LINIMENT.

Take olive oil, and water of ammonia; of each four ounces, and mix. This is an excellent stimulating application in diseases of the joints, those of the spine, and palsy of the limbs.

TOOTH WASH.

Take tincture of myrrh, tincture of peruvian bark, and water of cinnamon, of each four ounces; gum arabic, two drachms. Mix, and wash the teeth three times a day.

WINE OF IRON.

Take rust of iron, one and a half ounces; orange peel, and gentian root, of each half an ounce; Lusitan wine, two pounds. Put them into a glass vessel, exposed three days to a gentle heat, and it will be fit for use. Dose, from half an ounce to an ounce. This is a good tonic in diseases of debility.

ASTRINGENT FOR DYSENTERY, &c.

Take tincture of kino, and prepared chalk, of each, four drachms; laudanum, forty drops; water, four ounces, and mix. Dose, a table spoonful every two or three hours.—This is a good remedy to check discharges from the bowels, after the irritation subsides.

MIXTURE FOR RHEUMATISM.

Take gum guaiacum, one drachm; powdered rhubarb, two drachms; flour of sulphur, two drachms; cream of tartar, one ounce; one nutmeg powdered; strained honey, one pound. Mix, and take two table spoonfuls night and morning. An excellent remedy in rheumatism.

MIXTURE FOR THE GOUT.

Take dried soda, half an ounce; powdered rhubarb, eleven drachms; powdered cinnamon bark, one drachm; powdered ginger, one drachm; and two drachms of powdered columbo. Mix, and divide into thirty-six powders, and take one in water every night.

MIXTURE FOR ASTHMA.

Take carbonate of ammonia, one scruple; carbonate of iron, one scruple; and one scruple of powdered rhubarb—mix, and divide into twelve doses—and take one occasionally, agreeably to the violence of the disease.

RECEIPT FOR A BURN.

Take oil of turpentine, and oil of rosin, of each one lb. Mix together, and rub on the part affected.

ITCH LOTION

Take corrosive sublimate, one drachm; salammoniac, three drachms; water, one a half pounds. Dissolve the two former in the water, and wash with the solution.

MIXTURE FOR SPASMODIC ASTHMA.

Take tincture of squills, ten drops; nitric acid, six drops; extract of hyoscianens, three grains; water, one and a half ounces. Mix, one dose to be taken every third hour.

MIXTURE FOR DYSENTERY.

Take castor oil, one ounce; powdered gum arabic, and white sugar, of each one drachm; laudanum, eleven drops; water of peppermint, four ounces. Mix, and take a table spoonful two or three times daily.

COUGH MIXTURE, NO. 1.

Take vinegar of squills, one ounce; antimonial wine, one drachm; spirits of nitre, two drachms; gum arabic, two drachms; and water, three ounces. Mix, and take a table spoonful three or four times a day.

GARGLE FOR QUINSY.

Take powdered peruvian bark, two drachms; sulphate of copper, one scruple; and water, three ounces. Mix, and gargle the throat.

MIXTURE FOR COLIC OF INFANTS.

Take calcined magnesia, thirty grains; powdered rhubarb, six grains; white sugar, one drachm; oil of aniseed, three drops; laudanum, four drops; and water, one and a half ounces. Mix, and give a tea-spoonful two or three times daily.

ANTIDOTE FOR ARSENIC.

Take carbonate of magnesia, one ounce; water, fifteen ounces; wine of opium, one and a half drachms; compound spirits of lavender, three drachms; and white sugar, half an ounce. Mix, and take two table spoonfuls frequently.

MIXTURE FOR INFLAMMATION OF THE KIDNEYS.

Take powdered uva ursi, and peruvian bark, of each one scruple; opium, half a grain. Mix, and take the dose four times a day, drinking two ounces of lime water after each dose.

POWDER FOR DROPSY.

Take calomel, one grain; powdered squills, two grains, and mix for one dose. To be taken night and morning, or oftener, agreeably to the effect on the bowels, and the violence of the disease.

COOLING REMEDY FOR FEVER.

Take ipecacuanha, twenty grains; cold water, one pint, and mix. Dose, a table spoonful once in two, three or four hours, increasing or lessening the dose, so as to produce slight nausea and sweating.

MIXTURE FOR TINEA CAPITIS, OR SCALD HEAD.

Take sulphur, three drachms; spanish soap, one drachm; lime water, eight ounces; and alcohol, two drachms. Mix, and wash the part affected, three times a day.

DOVERS' POWDER.

Take powdered opium and ipecacuanha of each one drachm, powdered sulphate of potash one ounce, and mix. Dose from ten to twenty grains given once in three or four hours to produce sweating. This is an excellent article to produce sweat, in rheumatism and other painful diseases, after the fever is allayed.

ANTIMONIAL WINE.

Take emetic tartar one drachm, boiling water two ounces, Teneriffe wine one pint. Dissolve the emetic tartar in the water, and after it becomes cold, add the wine. Dose from half an ounce to an ounce to produce vomiting. It is best to put it in half a tea-cupful of warm water, and give one fourth every fifteen minutes until vomiting takes place.

COOLING DIAPHORETIC.

Take antimonial wine and sweet spirits of nitre, of each half an ounce, mix, and take a tea-cupful every hour in some warm tea, until sweating is produced, some warm tea, such as hyson or balm, every fifteen minutes between the doses of drops. This is good for producing gentle sweating, and can be given in fevers.

COUGH MIXTURE, NO. 2.

Take honey of squills one ounce, sweet spirits of nitre two drachms, antimonial wine one drachm, laudanum forty drops, and gum arabic two drachms. Mix, and take a table spoonful three or four times a day.

NITROUS POWDERS.

Take nitre one drachm, calomel twelve grains, powdered ipecacuanha twelve grains, and mix. Divide into six doses, and take one every two, three, or four hours, in bilious fever when the fever is up. This I find a most excellent remedy in our fevers in this country, after the bowels have been freely evacuated. The powders should be given so as to produce two or three stools a day, and keep the skin soft and moist. Care should be taken, and if the gums and teeth become affected, the powders should be stopped forthwith.

TONIC PILLS.

Take extract of gentian, two drachms, powdered rhubarb and sulphate of potash, of each one drachm; oil of peppermint thirty drops, and water sufficient to form a mass. Make it into pills of ordinary size, take three or four night and morning, in weakness of the digestive powers, and loss of appetite.

BASILICON OINTMENT.

Take yellow wax and yellow resin, of each one pound; sweet oil one pint, melt the wax and resin over a fire, and add the oil; strain through a cloth while hot. This is a good application for wounds and ulcers.

ELECTUARY FOR THE PILES.

Take flour of sulphur, one ounce, cream of tartar, half an ounce, and molasses sufficient to make it easily swallowed; and take a table spoonful of the mixture four times a day.

LINIMENT FOR BURNS.

Take lime water and olive oil of each four ounces, and mix. Rub the part that is burned with this three or four times a day.

WORM POWDER.

Take one scruple of powdered rhubarb, scammony, and calomel, of each five grains, and mix. This is a full dose for a grown person, which can be divided for children, and given in molasses or honey.

INFUSION FOR PALSY.

Take horse radish and mustard seed bruised, of each four ounces, orange peel one ounce, boiling water two quarts, mix, infuse twenty-four hours and strain. Dose, a tea-cupful three or four times a day.

MULBERRY SYRUP.

Take mulberry juice one pint, sugar two and a half pounds. Dissolve the sugar in the juice with a gentle heat, let it stand twenty-four hours, and pour off the syrup. This is a pleasant drink in fevers.

BLAKE'S TOOTH-ACHE DROPS.

Take powdered alum, two drachms, sweet spirits of nitre, eight drachms. Dissolve the alum in the spirits of nitre, and apply to any tooth that may be painful.

ANDERSON'S PILLS.

Take powdered aloes and jalap, of each three drachms, oil of aniseed thirty drops and water sufficient to form a mass, make sixty pills. Dose from three to six pills for a purgative.

MIXTURE FOR GONORRHŒA.

Take balsam copavia and tincture of cubebs, of each one ounce, sweet spirits of nitre half an ounce, laudanum one drachm, sugar one ounce, gum arabic one drachm, and water eight ounces. Mix and take a table-spoonful three or four times a day.

STOMACH WINE.

Take powdered peruvian bark one ounce, gentian root two drachms, cinnamon bark one drachm, port wine one quart; mix and infuse five or six days. Dose, a wine-glass full twice or three times a day for dyspepsia and other diseases of debility.

PLASTER FOR WHITE SWELLING.

Take gum ammoniac three ounces, vinegar of squills sufficient to dissolve the gum; then add extract of hemlock, two drachms, and solution of sugar of lead one drachm. Mix, and boil, to form a plaster, spread it upon leather and apply to the affected part.

CERATE OF SPERMACETI.

Take spermaceti one ounce, white wax two ounces, sweet oil six ounces. Melt the two former together and add the oil. This is a good application for blisters, burns, ulcers, &c.

MIXTURE FOR SICKNESS OF THE STOMACH.

Take lime water and new milk, of each three ounces. Mix, and take two table spoonfuls for a dose, as occasion may require.

LEAD OINTMENT.

Take wax ointment one pound, white lead powdered two ounces, Mix with a gentle heat over the fire, and use for burns.

SYRUP OF GINGER.

Take ginger bruised four ounces, boiling water three pints and mix. Let it stand four hours and strain, then add sufficient sugar to form a syrup. This is a pleasant drink, good in dyspepsia, &c.

MIXTURE FOR SPRAINS.

Take soft soap and good vinegar, of each one pint, salt a handful, nitre a table-spoonful, and mix together. Rub the affected part as occasion may require.

STIMULATING MIXTURE.

Take carbonate of ammonia two scruples; sugar and gum arabic, of each one dracdm; oil of cinnamon five drops; water four ounces. Mix, and give a table-spoonful every hour or two, as may be requisite. This is used when the system is sinking after fever, or any other diseases, to keep up the excitement.

PILLS FOR DYSPEPSIA.

Take powdered aloes one scruple; powdered ipecacuanha half a drachm; extract of hyoscyamus one scruple.—Make into a mass, and divide into twenty pills, one of which must be taken at bed time.

PILLS OF RHUBARB AND SULPHATE OF IRON.

Take powdered rhubarb one and a half drachms; sulphate of iron half a drachm; and white soap two scruples. Mix, and add water sufficient to form a mass, and divide it into forty pills. Take three or four at bed time. These pills are excellent to obviate costiveness, and impart strength to the bowels.

POWDER FOR DISEASED KIDNEYS OR BLADDER.

Take powdered uva ursi, one and a half drachms, subcarbonate of soda, one drachm. Mix, and divide into twelve powders. Take one of these three times a day in a little sugar and water.

COMPOUND OPIUM LINIMENT.

Take laudanum, ether, and spirits of camphor, of each two ounces, and mix. To be applied to parts affected with rheumatism and other pains.

TURNER'S CERATE.

Take olive oil one pint, yellow wax and calamine, of each half a pound: melt the wax over a fire, add the oil, afterwards the calamine, stir until the mixture becomes cold. This is a good application for burns, wounds, &c.

WORM WINE.

Take rhubarb root half an ounce; worm seed one ounce, port wine one quart. Bruise the ingredients, and infuse in the wine three or four days. Dose, a wine glassful two or three times a day.

OINTMENT FOR THE PILES.

Take powdered galls two diachms; lard half an ounce. Mix, and apply externally.

RHEUMATISM MIXTURE.

Take flour of sulphur and powdered mustard seed, of each one ounce, honey sufficient to form an electuary. Dose, a piece the size of a nutmeg, three or four times a day. This is a prescription of Dr. Johnson, and said to be excellent.

FORMULAR FOR FLUOR ALBUS.

Take red oxyde of iron two grains; gum aloes one grain; gum opium half a grain. Mix, and take this quantity four times a day. This is a remedy that I have never

tried in fluor albus, but from the well known properties of the several ingredients, I doubt not the efficacy of it, especially when the patient is very feeble.

SAVIN CERATE.

Take savin leaves bruised, one pound; beeswax, half a pound; and lard, two pounds. Melt the wax and lard together; boil the savin therein, and afterwards strain. This ointment is applied to blisters, to keep them open as long as may be desired.

PAREGORIC ELIXER.

Take camphor, two scruples; opium, one drachm; benzoic acid, one drachm; and proof spirits, one quart. Mix, and let it stand two days. Dose, from one to two drachms.

TURLINGTON'S BALSAM.

Take benzoic acid, three ounces; thorax balsam, two ounces; balsam of tolu, one ounce; extract of aloes, half an ounce; and proof spirits, one quart. Mix, and let it stand fourteen days, and it will be fit for use. Dose, from half a drachm to two. This is an excellent remedy for coughs, pains in the chest, diarrhœa, &c., and is applied externally to ulcers and wounds.

GODFREY'S CORDIAL.

Take opium, half an ounce; oil of sassafras, one drachm; molasses, four pounds; boiling water, one gallon; spirits of wine, two drachms. Dissolve the opium and oil in the spi-

rits of wine, then mix the molasses and water, and after it becomes cold, add the other ingredients. The use of this nostrum is well known.

BALSAM OF HONEY.

Take balsam of tolu, two ounces; storax, two drachms; opium, two drachms; honey, half a pound. Mix, and add one quart of spirits of wine. Dose, a tea-spoonful or two, used in coughs. It should be taken in water.

GALL OPODELDOC.

Take camphor gum, two ounces; castile soap, two ounces; spirits of wine, half a pint. Dissolve the camphor and soap in the spirits of wine in a quart bottle, then add one ounce of laudanum, and one ounce of water of animonía, and fill up with beef's gall. This is a good external application in rheumatism, and other painful affections of the joints, &c.

COMPOUND CAMPHOR. LINIMENT.

Take gum camphor, two ounces; water of ammonia, six ounces; and spirits lavender, sixteen ounces. Mix together, and form a liniment. This is useful in rheumatic pains, &c.

TONIC MIXTURE FOR AGUE.

Take peruvian bark powdered, half an ounce; virginia snake root, one drachm; and carbonate of potash, twenty grains. Mix, and divide into four powders, to be taken during the day in time of the intermission.

COOLING SWEAT FOR FEVERS.

Take spirit of mindererus, four ounces; sweet spirits of nitre, two drachms; antimonial wine, one drachm; lemon syrup, one ounce, and mix. Dose, a table spoonful every hour, when the fever is high.

SOLUTION OF QUININE.

Take quinine, six grains; elixir vitriol, ten drops; powdered liquorice, one and a half drachms; and water, two ounces, then mix. This is an excellent mode of preparing quinine for children, who have the ague. Dose, a tea-spoonful every hour, to a child from one to five years old, during the intermission. The dose for an adult, is a table spoonful.

MIXTURE OF SULPHATE OF ZINC.

Take sulphate of zinc, two grains; cinnamon water and fountain water, of each one and a half ounces. Tincture of columbo, one ounce, and mix. This is a valuable remedy for ague. A table spoonful should be given every three or four hours, until the paroxysm is arrested.

MIXTURE OF SAL AMMONIAC.

Take sal ammoniac, half an ounce; powdered liquorice, one ounce; emetic tartar, one grain; water, eight ounces, and mix. A useful remedy to remove enlargement of the spleen, (commonly called ague cake.) A table spoonful can be taken every four hours throughout the day, until the swelling is removed.

APERIENT MIXTURE.

Take epsom salts, two ounces ; emetic tartar, one grain, and dissolve in ten ounces of water. This solution answers tolerably well to keep the bowels loose in fevers. Dose, a wine-glassful every hour, until purging takes place.

MIXTURE OF SPIRITS OF TURPENTINE:

Take spirits of turpentine, two drachms ; castor oil, one ounce, and mix. A combination that answers well in the sinking stage of typhus fever, if a purgative be required.—It should be divided into four doses, and given half an hour apart, until all is taken, or an effect produced on the bowels.

COMPOUND BLUE MASS PILLS.

Take blue mass, one drachm ; extract of hemlock, half a drachm ; powdered ipccacuanha, one scruple. Mix, and make into thirty pills. This pill answers well to keep up a gentle salivation in diseased liver, and other cases in which mercury is needed. One pill can be given three times a day.

MIXTURE OF EMETIC TARTAR, &c.

Take emetic tartar, two grains ; salt of tartar, six drachms ; water, two and a half ounces ; and strained honey, two and a half ounces. Mix. A valuable expectorant for coughs, when the system is also affected with fever. A table spoonful can be given once in four hours to a grown person.

CAMPHORATED EXPECTORANT.

Take powdered gum camphor, two scruples; powdered gum arabic, two drachms; syrup of squills, one ounce; mix well in a mortar, and add forty drops of laudanum, and six ounces of water. Mix. A table spoonful may be given every hour or two, agreeably to the state of the system, for coughs, when the patient is feeble, and the pulse weak.

PILLS OF CALOMEL AND OPIUM, &c.

Take calomel, eight grains; powdered opium, six grains; emetic tartar, two grains. Mix, and make sixteen pills.—These are useful in acute rheumatism, after the system has been reduced by bleeding and purging. One of the pills should be given every two hours.

DRAUGHT FOR RHEUMATISM.

Take spirits of mindererus, half an ounce; wine of meadow saffron, twenty drops; syrup of poppy, one drachm; camphor mixture, one ounce. Mix. This draught is recommended by Scudamore, in rheumatism, when little inflammation exists. It is to be taken at once, and repeated in six or eight hours.

REMEDY FOR EPILEPSY.

Take one drachm of valeriana, and three drops of cajeput oil. This is a dose to be taken four times a day for epileptic fits. Richter is said to have cured a case of four years standing with this remedy, used for six weeks.

PILLS OF LUNA CAUSTIC FOR EPILEPSY.

Take luna caustic, twelve grains; opium, twenty grains; extract of gentian, two drachms; extract of aloes, two scruples. Mix, and make into ninety-six pills. One of these pills taken morning, noon and night, is said to be good in the above disease. It should not be used without the advice of a physician acquainted with the case on hand.

FORMULA FOR ASTHMA.

Take tincture of squills, thirty drops; nitric acid, eighteen drops; extract of henbane, nine grains; water, four ounces and a half. Mix, and divide into three doses, all of which must be taken in the course of the day, viz: morning, noon and night. It serves to palliate the distress in a paroxysm of asthma.

PILLS FOR INDIGESTION.

Take powdered rhubarb, forty grains; powdered aloes, ten grains; powdered cayenne pepper, twenty grains.—Mix, and divide into twenty pills. A combination used to promote digestion, and obviate costiveness in dyspepsia.—One of the pills should be taken before each meal.

PILLS FOR COSTIVENESS.

Take blue mass, two scruples; powdered aloes, twelve grains; emetic tartar, one grain. Mix, and make twelve pills. One of these is a dose, to be taken sufficiently often, to produce regular action of the bowels.

PILLS FOR THE PILES.

Take powdered aloes, twenty grains ; powdered ipecacuanha, thirty grains. Mix, and make forty pills. Take one every morning, noon and night.

PILLS FOR DIABETES.

Take extract of henbane, and powdered gum camphor, of each two drachms. Mix, and make one hundred and twenty pills. Of these, one can be taken four times a day.

PILLS FOR SPASMODIC RETENTION OF URINE..

Take asafoetida, one ounce ; powdered ipecacuanha, and powdered opium, of each eight grains ; oil of peppermint, eight drops. Mix, and divide into two hundred and fifty pills. Ten of these pills must be taken three or four times a day for suppression of urine coming on suddenly, and attended with much pain.

MIXTURE FOR CHLOROSIS.

Take phosphate of iron, two drachms ; powdered orange-peel, six drachms. Mix, and divide into twenty equal parts, one of which can be given three times a day for chlorosis, after the bowels have been thoroughly acted upon.

MIXTURE FOR GONORRHOEA.

Take balsam copaiva, one ounce ; tincture of cubebes, one ounce ; sweet spirits of nitre, half an ounce ; laudanum, one drachm ; white sugar, one ounce ; powdered gum arabic,

one drachm; water, eight ounces, and mix. A table spoonful of this taken three or four times a day, is useful in gonorrhœa, commonly called clap.

PILLS FOR AMENORRHŒA.

Take aloes powdered, two scruples; powdered cayenne pepper, two drachms; powdered rhubarb, eight scruples. Mix, and make thirty pills. Two of these may be taken at bed-time every night, in suppression of the menses, when the patient is very weak and relaxed.

T

GLOSSARY,

OR

Explanation of words, not in common use, and not defined elsewhere in this work:

- Abortion.* Miscarriage.
Acid. Sour.
Acute. Severe.
Adult. Of full age.
Antiphlogistic. To counteract inflammation.
Antispasmodic. A medicine to remove spasms.
Atmosphere. The air that we breathe, &c.
Bile. A fluid found in the gall bladder, secreted by the liver, poured out into the stomach and intestines.
Bolus. Medicine mixed up in a considerable mass.
Capsule. A dry pod or vessel, containing seed.
Carious. A term used to denote rottenness of bones and teeth.
Catarrh. A common cold.
Cathartic. A purge.
Catheter. An instrument to draw off the urine.
Caustic. A burning application.
Cutaneous. Relating to the skin.
Chronic. A lingering complaint, not acute.
Circulation. Relating to the passage of blood through the body.
Coagulum. Curd.
Comatose. Disposed to sleep.
Confluent. Running together.
Constipated. Costive.
Contusion. A bruise.
Convalescence. A state of recovery from disease.
Debility. Weakness.
Decoction. Made by boiling.

- Deleterious.* Injurious, deadly.
- Dentition.* Teething.
- Delirium.* Light-headed.
- Diaphoretic.* Medicines to promote sweating.
- Diuretic.* Medicines to promote urine.
- Effluvia.* Exhalation.
- Emaciation.* Lean, a want of flesh.
- Empiricism.* Quackery.
- Epidemic.* General disease, produced by the situation of the atmosphere.
- Eructation.* A belch.
- Expectorants.* Medicines to promote a discharge from the respiratory organs.
- Extremities.* The limbs of the human system.
- Febrile.* Feverish.
- Flatulent.* Windy.
- Flooding.* Copious discharge of blood from the womb.
- Fetus.* A child in the womb.
- Fomentation.* Bathing a part by applying cloths &c., dipped into some liquid.
- Fracture.* Broken bone.
- Gangrene.* The first stage of mortification.
- Gargle.* A wash for the mouth and throat.
- Hectic.* A slow fever, such as attends consumption.
- Hemorrhage.* A flow of blood.
- Hepatic.* Relating to the liver.
- Induration.* Hardening.
- Infectious.* Contagious.
- Infusion.* Steeping in water without boiling.
- Inhale.* To draw in by breathing.
- Languor.* Weakness.
- Lateral.* On, or towards one side.
- Ligature.* A bandage.
- Mastication.* The act of chewing.
- Membrane.* A web of fibres, such as the pleura, &c.

- Menses.* The monthly discharge of females.
- Miasma.* Morbid vapours.
- Mucilage.* A glutinous substance.
- Mucous.* Any matter resembling that which is discharged from the nose in colds.
- Narcotic.* A medicine inducing sleep or stupor.
- Nausea.* Sickness of the stomach.
- Nostrum.* A patent, or secret medicine.
- Opiate.* A medicine producing stupor as opium.
- Ophthalmia.* An affection, or inflammation of the eye.
- Paroxysm.* A periodical, or sudden attack.
- Placenta.* The after-birth.
- Plethoric.* Full of blood, full habit.
- Predisposition.* Peculiar liability to any disease.
- Primary.* The first.
- Pulmonary.* Relating to the lungs.
- Purulent.* Good matter, or pus.
- Pustule.* A small swelling.
- Rectum.* The large gut.
- Regimen.* The regulation of the air, food, &c.
- Respiration.* Breathing.
- Saliva.* The spittle.
- Secretion.* Separation of fluids from the solids.
- Sinapism.* A poultice, or plaster of mustard seed.
- Spasm.* cramp, &c."
- Spine.* The back bone.
- Stupor.* Profound sleep, or partial loss of sensibility.
- Syncope.* Fainting.
- Temperament.* A peculiar habit of body.
- Tonic.* A strengthening medicine.
- Tumor.* Wen or swelling.
- Ulcer.* A bad sore.
- Uterus.* The womb.
- Uvular.* The palate.
- Vagina.* The passage to the uterus.

Ventilation. Free admission of air.

Virulent. Poisonous.

Vermifuge. A medicine to destroy worms.

Vesication. Blistering.

Vicid. Glutinous.

Yellow resin. Common rosin.

Yellow wax. Bees-wax.

ERRATA.—On pages 14, 15 and 16, for Exercise, read Food ; page 78, for Euteretis, read *Enteritis*.

INDEX.

	Page.
Asthma, case the first,	171
Aneurism. Enlargement of a part of an artery,	184
Amenorrhœa. Retention, or suppression of the menses,	221
Abortion—miscarriage,	226
Aplthæ, or thrush,	242
A history of medicines. Calomel.	244
Aloes,	249
Alum,	256
Asafetida,	258
Agrimony. Agrimonia,	262
American ipecacuanha, or Indian physio,	272
Astringent for dysentery,	286
Antidote for arsenic,	289
Antimonial wine,	290
Anderson's pills,	293
Aperient mixture,	301
Anger,	52
Acute gastritis, or inflammation of the stomach,	75
Acute enteretis, or inflammation of the intestines,	78
Acute inflammation of the peritonæum,	82
Acute hepatitis, or inflammation of the liver,	85
Acute bronchitis, or inflammation of the bronchia,	97
Acute rheumatism,	108
Apoplexy	133
Asthma,	141

B

Burns,	160
Billious colic,	148

Beds,	34
Bathing,	32
Balsam copaiva,	261
Black alder. <i>Alnus nigra</i> ,	262
Barberry. <i>Berberis vulgaris</i> ,	263
Beech drop. <i>Orobanche virginiana</i> ,	264
Black snake root. <i>Serpentaria virginiana</i> ,	282
Bowel complaint, or diarrhœa,	243
Basilicon ointment,	292
Blake's tooth-ache drops,	293
Balsam of honey,	299
Bronchocele, or goitre,	154

C

Clothing,	19
Cleanliness,	20
Coffee and tea,	43
Cynoniche tonsillaris, or quinsey,	73
Chronic inflammation of the stomach,	76
Chronic enteritis, or chronic inflammation of the bowels,	81
Chronic inflammation of the peritonæum,	84
Chronic hepatitis, or chronic inflammation of the liver,	87
Cynanche trachealis, or croup,	94
Cystitis, or inflammation of the bladder,	106
Chronic rheumatism,	110
Chorea, or St. Vitus' dance,	136
Cholera morbus,	147
Castor oil,	249
Cream of tartar,	250
Columbo,	253
Camphor,	258
Carbonate of ammonia, or hartshorn,	259
Cinquefoil. <i>Potentilla reptans</i> ,	265
Comfrey. <i>Consolida</i> ,	265
Crane's bill. <i>Geranium maculatum</i> ,	265
Cayenne pepper. <i>Capsicum annum</i> ,	278

Cholera infantum, or summer complaint,	243
Compound camphor. Liniment.	285
Consumption, case the second,	166
Consumption, case the third,	170
Chilblains,	188
Child bed,	228
Cough mixture, no. 1,	288
Cooling remedy for fever,	290
Cooling diaphoretic,	291
Cough mixture, no. 2,	291
Cerate of spermaceti,	294
Compound opium liniment,	296
Compound camphor. Liniment,	299
Cooling sweat for fevers,	300
Compound blue mass pills,	301
Camphorated expectorant,	302
Cook's pills,	285
China tree. <i>Melia azedarach</i> ,	280

D

Dysentery,	79
Diabetes, or excessive discharge of urine,	132
Delirium tremens. <i>Mania-a-potu</i> ,	138
Diarrhœa,	146
Dogwood,	254
Dewberry and blackberry,	263
Dislocation of the shoulder,	162
Dislocation of the elbow,	163
Dislocation of the thigh,	163
Diseased liver,	172
Dyspepsia, case the first,	174
Diseases of females—menstruation.	220
Diseases of pregnancy. Cardialgia—heartburn,	224
Diseases of infants—Colic or griping,	241
Draught for rheumatism,	302
Dover's powder,	290

Dyspepsia, or indigestion, 143

E

Exercise. 10

Erysipelas, or St. Anthony's fire, 121

Epilepsy, 135

Epsom salts, 251

Emetic tartar, 251

Eupatorium perfoliatum, or bone set, 260

Elder. *Sambucus niger*, 266

Ectropium, or turning of the eyelid, 190

Ecchymosis, 191

Exostosis, or a growth of bone, 192

Enlargement of the uvula, or falling of the palate, 210

Electuary for the piles, 292

Epistaxis, or bleeding from the nose, 126

Enuresis, or incontinence of urine, 152

F

Food. 14

Fear, 53

Flatulent colic, 148

Furunculus, or boil, 158

Flour of sulphur, 250

Flax seed. *Linum*, 269

Foxglove. *Digitalis purpurea*, 269

Fistula in ano, 185

Fungus hæmatodes, 193

Foreign bodies in the windpipe, 211

Foreign bodies in the œsophagus, 211

Fracture of the ribs, 213

Fracture of the arm, 214

Fracture of the forearm, 215

Fracture of the thigh, 216

Fracture of the leg, 217

Formular for fluor albus, 297

Formula for asthma, 303

G

Glossitis, or inflammation of the tongue,	72
Gargle for quinsy,	288
Grief,	56
Gentian,	253
Gum guyacum,	260
Garlic. <i>Allium sativum</i> ,	270
Ginseng. <i>Panax quinquefolium</i> ,	270
Godfrey's cordial,	298
Gall opodeldoc,	299
Gout,	111
Gonorrhœa, or clap,	129

H

Hydrocephalus, or dropsy of the brain,	89
Hysteritis, or inflammation of the womb,	107
Herpes circinnatus, or ringworm,	122
Herpes zoster, or shingles,	122
Herpes labialis,	125
Herpes prepatalis,	126
Hæmaturia, or bleeding from the bladder,	127
Hæmatemesis, or bleeding from the stomach,	128
Hæmoptysis, or bleeding from the lungs,	129
Hæmorrhoids, or piles,	150
Hernia, or rupture,	160
Hydrops, or dropsy,	153
Horehound. <i>Marrubeum vulgare</i> ,	271
Hyssop. <i>Hyssopus</i> ,	271
Horse radish,	284
Hæmatocele—swelling of the scrotum,	194
Hare-lip,	195
Hydrocele. Dropsy of the scrotum,	196

I

Intermitting fever, or ague,	65
Inflammatory fever,	69
Inflammation of the lungs,	93

INDEX.

315

Inflammation of the synovial membrane,	208
Inflammation of the scalp,	209
Itch lotion,	288
Indian tobacco. <i>Lobelia inflata</i> ,	267
Indian turnip. <i>Arum triphyllum</i> ,	272
Inflammation of the nostrils,	242
Intestinal worms,	149
Ipecacuanha,	251
Infusion for palsy,	293

J

Jaundice,	151
Jaundice,	241
Jalap,	248

K

Kino,	255
-------	-----

L

Lumbar abscess,	212
Liniment for burns,	292
Lead ointment,	295
Love,	58

M

Management of the hair,	46
Malt liquors,	40
Mustard seed. <i>Sinapis</i> ,	275
Mulberry tree. <i>Morus nigra</i> ,	275
Mixture for rheumatism,	287
Mixture for the gout,	287
Mixture for asthma,	287
Mixture for spasmodic asthma,	288
Mixture for dysentery,	288
Mixture for colic of infants,	289
Mixture for inflammation of the kidneys,	289
Mixture for tinea capitis, or scald-head,	290
Malberry syrup,	293
Mixture for gonorrhœa,	294

Menorrhagia. Excessive flow of the menses,	223
Mortification,	163
Mammary abscess,	197
Mixture of sal ammoniac,	300
Mixture of spirits of turpentine,	301
Mixture of emetic tartar,	301
Mixture for sickness of the stomach,	295
Mixture for sprains,	295
Milk, or silk weed,	274
Mistletoe. Viscum,	274
Magnesia,	250
Mixture for chlorosis,	304
Mixture for gonorrhœa,	304
May apple, or mandrake,	273
Mixture of sulphate of zinc,	300

N

Nitrous powders,	291
Nitre,	259
Nostrums.	47
Nephritis, or inflammation of the kidneys,	104
Neuralgia, or tic douloureux,	140

O

Oil of worm seed,	252
Oak bark,	255
Opium,	258
Opodeldoc,	285
Onions. Allium cepa,	284
Obliquities of the uterus,	227
Odontalgia—tooth-ache,	225
On diseases incident to females and children,	218
Ointment for the piles,	297
On hygeine air.	8
Ordinary labor.	22
Ophthalmia, or inflammation of the eye,	112

P

Phlegmasia dolens,	240
Pills of calomel and opium,	302
Pills for indigestion,	303
Pills for costiveness,	303
Pills for the piles,	304
Pills of rhubarb and sulphate of iron,	296
Powder for diseased kidneys or bladder,	296
Plaster for white swelling,	294
Powder for dropsy,	289
Pills for diabetes,	304
Pills for spasmodic retention of urine,	304
Prolapsus uteri, or falling of the womb,	226
Paregoric elixir,	298
Pills for dyspepsia,	296
Pregnancy—management proper in this state,	224
Polypus,	203
Phymosis,	199
Paraphymosis,	200
Paraculis, or deafness,	189
Prolapsus ani,	161
Petrusis, or whooping-cough,	142
Paralysis, or palsy,	134
Parotitis, or mumps,	74
Prurigo, or itch,	124
Pneumonia, or inflammation of the lungs or pleura,	91
Pleurisy,	91
Phthisis pulmonalis, or consumption,	98
Periodical bleedings,	51
Peppermint. <i>Mentha piperita</i> ,	277
Plantain. <i>Plantago</i> ,	278
Pleurisy root. <i>Asclepias decumbens</i> ,	278
Poke weed. <i>Phytolacca decandra</i> ,	279
Poppy. <i>Papaver somniferum</i> ,	284
Peach tree. <i>Amygdalus persica</i> ,	276
Pennyroyal. <i>Mentha pulegium</i> ,	277

Pills of luna caustic for epilepsy,	303
Pills for amenorrhœa,	305
Puerperal peritonitis—childbed fever,	239
Pink root,	252
Peruvian bark,	253
Poplar. <i>Liriodendron tulipifero</i> ,	280
Prickly ash. <i>Zanthoxylum</i> ,	280
Puccoon root. <i>Sanguinaria canadensis</i> ,	263

R

Remedy for dyspepsia,	285
Receipt for a burn,	287
Rheumatism mixture,	297
Remitting, or bilious fever,	67
Rubeola, or measles,	116
Remedy for epilepsy,	302
Religion,	62
Red cedar. <i>Juniperus virginiana</i> ,	283
Rurst of iron,	254
Rhubarb,	248
Rickets, or rickets,	200
Rupture of a tendon,	202
Retroversion of the womb,	227

S

Sickness and vomiting,	225
Strictures of the urethra,	206
Spina bifida,	201
Scirrhus, or cancer,	187
Spinal irritation,	165
St. vitus' dance, case the first,	175
Sore eyes,	241
Senna leaves,	249
Sugar of lead,	255
Savin leaves,	257
Seneka snake root,	257
Salphuric æther,	259
Sarsaparilla,	260

Solution of quinine,	300
Savin cerate,	298
Stomach wine,	294
Syrup of ginger,	295
Stimulating mixture,	295
Spanish fly,	261
Squill root,	261
Spirits of nitre,	262
Sweet flag. <i>Acorus calamus</i> ,	264
Slippery elm. <i>Ulmus rubra</i> ,	266
Skunk cabbage. <i>Dracontium fœtidum</i> ,	281
Sassafras. <i>Laurus sassafras</i> ,	283
Strangury, or difficulty of passing urine	151
Scrophula, or King's evil,	155
Scorbutus, or scurvey,	157
Syphilis, or pox,	130
Scarlatina, or scarlet fever,	117
Splenetis, or inflammation of the spleen,	88
Sleep.	17
Sedentary occupations.	25
Study.	27

T

Tonic pills,	292
Tooth wash,	286
Turner's cerate,	297
Turlington's balsam,	298
Tonic mixture for ague,	299
Thorn apple, or jamestown weed,	273
Tansy. <i>Tanacetum vulgare</i> ,	281
Tumors, or wens,	158
Tetanus, or locked jaw,	138
Typhus, or nervous fever	70
Temperance.	29
Tobacco,	35

U

Uticaria, or nettle rash,	123
V	
Volatile liniment,	286
Varicella, or chicken pox,	123
Variola, or small pox,	113
W	
Wild potatoe. <i>Convolvulus penduratus</i> ,	283
Whitlow, or felon,	207
Wild cherry,	254
Wormwood. <i>Artemisia absinthium</i> ,	274
White walnut. <i>Juglans alba</i> ,	282
Willow. <i>Salix</i> ,	282
Wounds,	159
Wet feet	44
Worm wine,	297
Wine of iron,	286
Worm powder,	293
Y	
Yellow fever,	192





JAN 30 1962

ND

